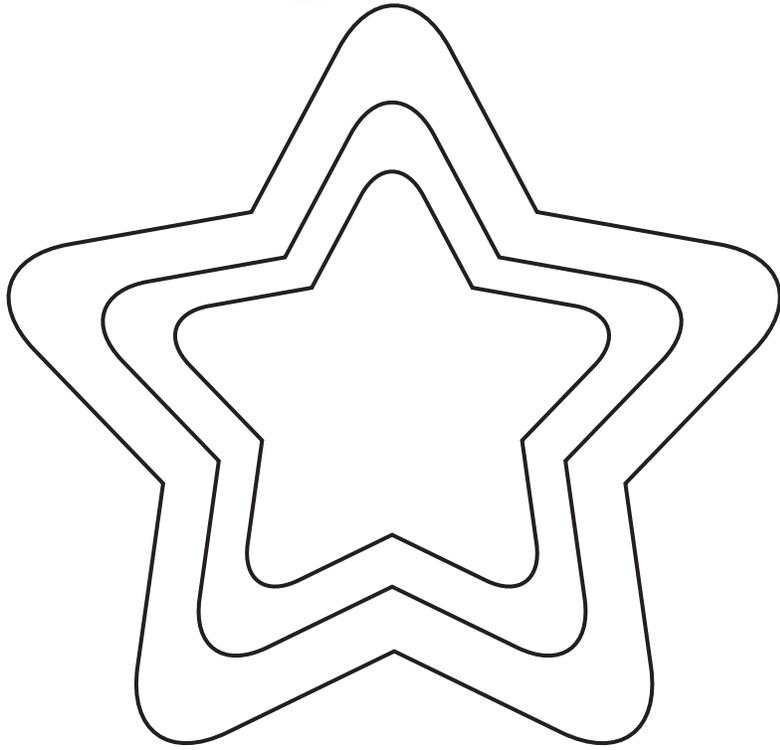


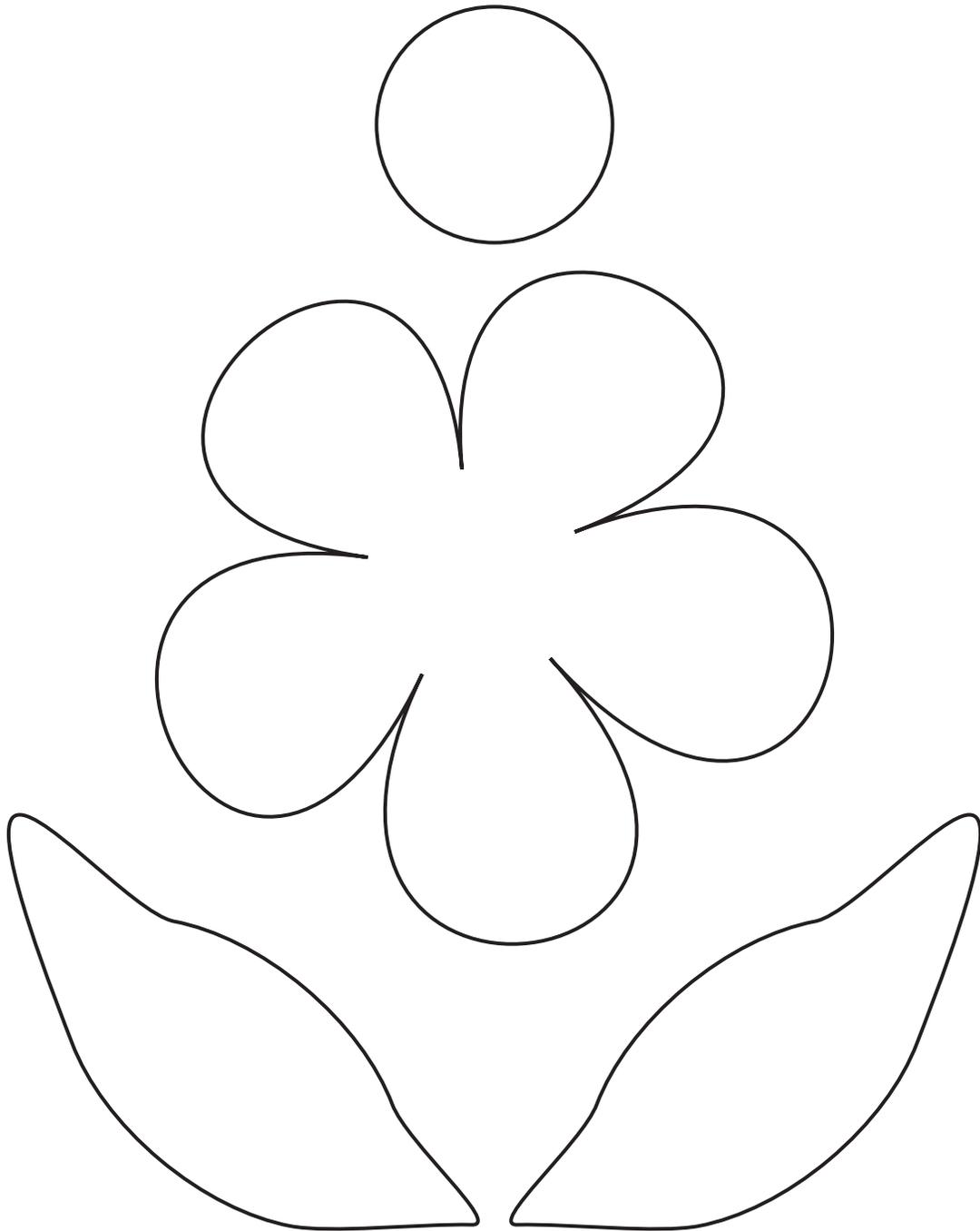


# Applique Shapes



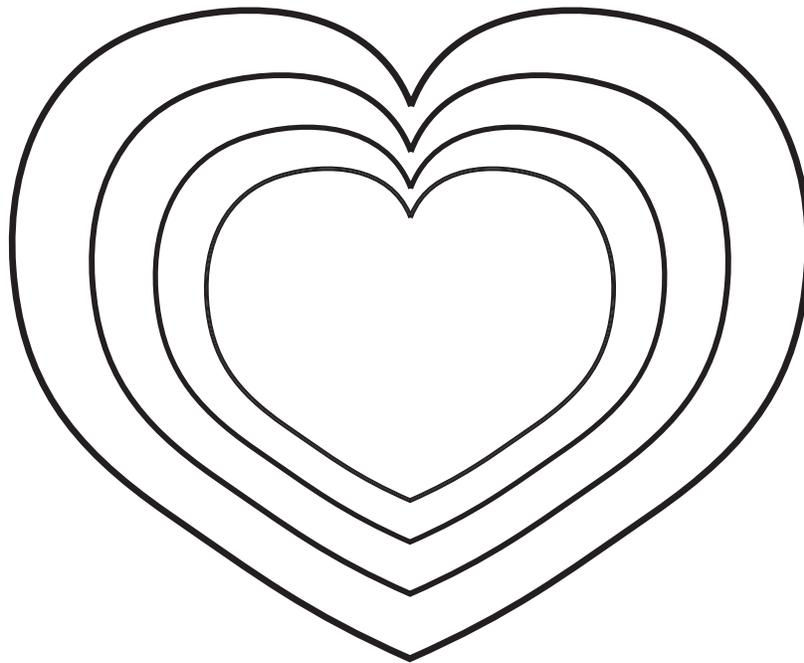
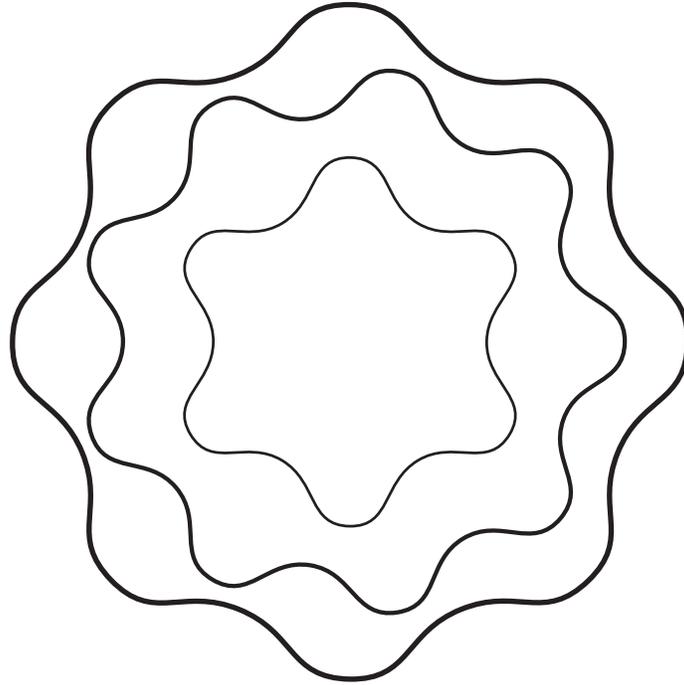


# Applique Shapes





# Applique Shapes





## Drawstring Backpack

2-3 Hours

### What will you learn?

#### How to:

Make and use a paper pattern

Use interfacing to reinforce a high stress area

Zigzag or serger finish seam allowances to prevent raveling (loose threads)

Insert grommets

#### What will you need?

A sewing machine and basic sewing tools

½ yard decorator weight fabric, cotton or cotton-polyester, 45 inches wide or more

All-purpose thread to go with your fabric

12 inches of ¼ inch wide paper-backed permanent bond fusible web (find this product on the roll or cut strips from a sheet of fusible webbing)

3 inch square fusible interfacing

Two grommets large enough for two cords to go through (buy a package of [grommets with the tool](#) to install them if you don't already have one)

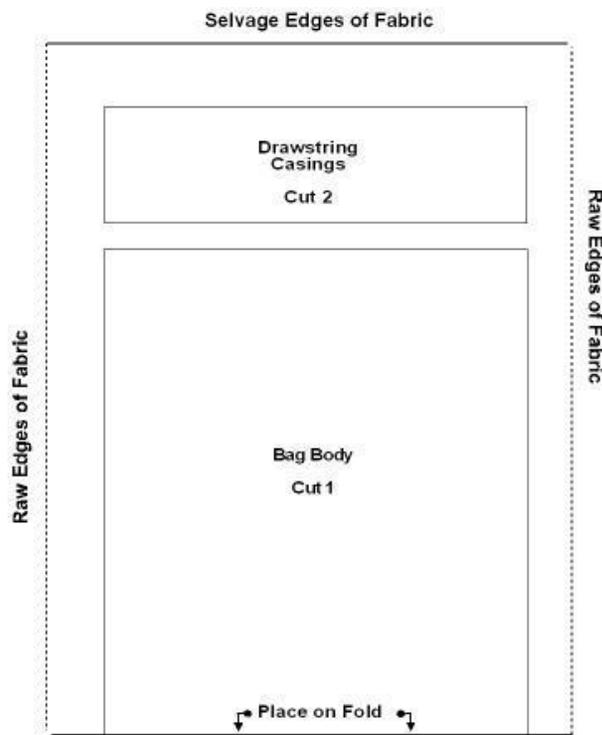
4 yards of [nylon or polyester cord](#)\* (¼ or ¾ inch wide flat cord or lacing is nice but round cord will work well if it is not too big to slide easily in the casing)

2 decorative wood beads with a hole big enough for two cords to go through (other options: 2 cord locks/toggles, 4 beads if you use round cord that is too thick to go through the hole two cords at a time, or knotting technique requiring no toggle or beads)

**Seam Allowances:** ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

### Directions to make this project:

1. Make a [paper pattern](#).\*\* Cut a rectangle 15 inches by 17 inches from heavy paper. Label this piece the "**Bag Body**." Along one 15 inch side, write "**Place on fold**." Cut another rectangle 3 inches by 15 inches. Write on this piece, "**Cut two**." These will be the "**Drawstring Casings**."
2. Carefully press your fabric flat. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvage edges together but shift your fabric sideways until there are no wrinkles.
3. Pin your large pattern piece on the fold of the fabric as marked. Pin the smaller pattern piece above the large pattern piece.

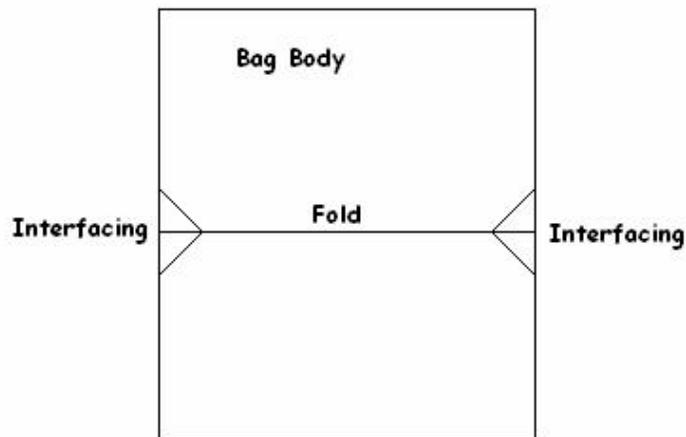


4. Cut out fabric pieces by cutting carefully next to your paper pattern pieces with sharp fabric shears.

5. Cut the square of fusible interfacing in half diagonally.

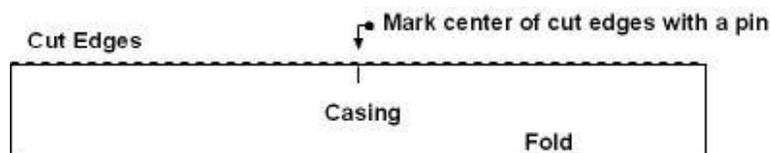


6. Open the bag body and lay it flat on the ironing board with the wrong side up. Follow the package instructions to fuse one piece of interfacing on each side of the bag, matching the right angle point with the fold and the diagonal cut edge to the side of the bag.



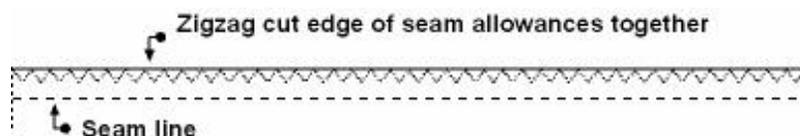
7. Separate the two drawstring casings. Fold over each short end to the wrong side, 3/8 inch if you are using 1/4 inch seam allowances or 1/2 inch if you are using the right edge of a standard presser foot. Press to mark. Fuse in place with a 1/4 inch wide strip of fusible web or secure by sewing in place, if desired.

8. With wrong sides of fabric together, press each of the drawstring casings in half, matching the 15-inch long raw edges. Fold each to mark the center of each casing on the raw edge with a pin.

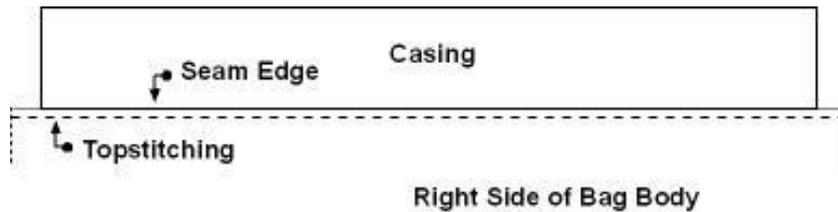


9. Use pins to mark the center point on each short end of the bag body.

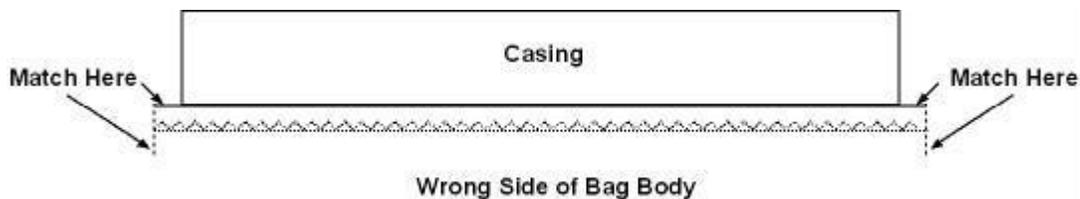
10. Matching cut edges and center marks, pin the casings to the right side of the bag body. Stitch the casings to the bag body. Backstitch at the beginning and end of each seam. Zigzag or serge the seam allowances of each seam to prevent fraying.



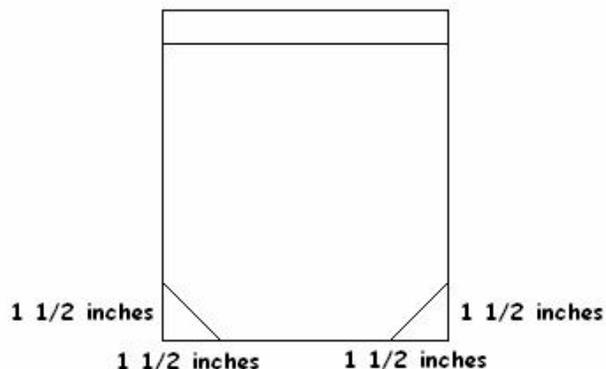
11. With the bag body right side up on an ironing board, press against the edge of each of the casing seams so the seam allowances will be pressed towards the center fold of the bag body.
12. Topstitch (stitch from the right side) near the edge of the seam, securing the seam allowance to the top of the bag body. This step is similar to understitching a facing on a garment.



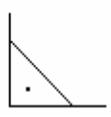
13. With right sides of fabric together, fold your bag body like you cut it. Match the cut edges and the top edge of the seam where you attached the casings. Start stitching the side seams at the top next to the casing and finish at the fold. Backstitch at the beginning and end of each seam. This step makes a bag.



14. Zigzag or serge the seam allowances together to prevent raveling.
15. Turn the bag right side out and use a point turner to push out the corners at bottom of the bag. Press the seams of the bag to one side by putting the bag over the end of the ironing board and pressing against each seam. Take the backpack off the end of the ironing board and press the corners flat.
16. Draw a diagonal line across the corner; start and finish line 1 1/2 inches from the corner. Stitch on the line, backstitching at the beginning and end.



17. Mark a dot in the center of each of the corner triangles. Create a hole with a fabric or leather punch\*\*\* (or poke holes with an ice pick, small sharp scissors, or a small Phillips screw driver) through all layers of the fabric where you placed the dot. Install a grommet in the hole according to the package instructions.



18. Cut the cord in half. Melt the ends of nylon cord on a stove burner set on medium heat to fuse the fibers together to prevent fraying. Thread each half of the cord in opposite directions in the casings. It is easy to thread the cord through the casings if you put a large safety pin in a knot near the end of the cord so you can push it through.

19. Put both ends of one cord through a grommet. Repeat with the second cord and try on the backpack for fit. Insert both ends of the cord through a bead (or cord lock) and make an overhand knot to secure. If the overhand knot is not large enough to keep the bead from falling off, make another one over the top of the first.



Or option below for no beads or toggle:



Insert both cord ends through front side of grommet. Separate cords on the back side and put cord section from the front side between the cord ends. Tie an overhand knot to hold them in place.

20. Use and enjoy!

21. Make another backpack and try adding a pocket to the front or use medium weight denim and stamp designs on the denim with a gel bleach cleanser (not liquid bleach). Try making the pattern smaller so the backpack will fit younger children in preschool or kindergarten.

### Notes:

Grommets with tools can be found at **Jo-Ann** fabric stores. Stores like **REI**, **Seattle Fabrics**, and **The Rain Shed** also have kits with tools and grommets. **REI** had a kit for about 10 dollars that included the grommets, a fabric punch, and the tool to attach the two parts of the grommet.

<http://www.rei.com>

<http://images.rei.com/media/602141Prd.jpg>

\* **Jo-Ann** fabric stores carry a round polyester cord that works well for this project. Round nylon cord can be found at **REI** stores. The flat version is available at **Seattle Fabrics** and **The Rain Shed**:

<http://www.seattlefabrics.com/webbing.html> and <http://www.therainshed.com/>

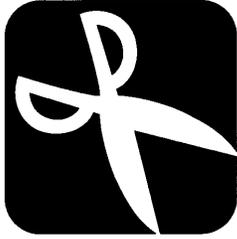
You can use cotton drapery cord or make your own drawstring from fabric but nylon or polyester will hold up to the wear and tear of the friction from pulling on the drawstring. Nylon slides easily in the casing. You can try hardware stores for heavy string and cords, also.

\*\* This backpack finishes about the same size as the famous Nike packs (about 14 inches by 18 inches, flat finished measurements).

\*\*\* Fabric punches for creating holes for eyelets are found in the sewing notion section of **Jo-Ann** fabric stores. Use small sharp scissors to make the hole bigger, just large enough for the shaft of the grommet to fit. Nancy's Notions carried a fabric punch that is packaged with a buttonhole cutter and small mat.

<https://www.nancysnotions.com/>

<https://www.nancysnotions.com/NNProdImages/BHCK2.JPG>



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## Quick Projects To Do

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### 2005 Sewing and Stitchery Expo Table Mat



**Goal: What will be learned by this project?**

How to maintain a scant  $\frac{1}{4}$  inch seam allowance for accurate quilt blocks  
How to cut and set triangles for an on-point quilt block arrangement with straight of grain edges  
How to apply binding to a quilt

**Materials Needed (all fabric is quilting weight 100% cotton):**

$\frac{1}{2}$  yard white with green print  
 $\frac{1}{2}$  yard blue with green print  
1 - 8 inch square block of white fabric for center embroidery  
 $\frac{1}{4}$  yd. green with white print (binding)  
 $\frac{5}{8}$  yd. backing fabric  
 $\frac{5}{8}$  yd. of thin batting (like Warm and Natural, Pellon Fleece, etc.)  
Stabilizer for embroidery  
Embroidery thread (green, white, and blue are suggested)  
Neutral color thread  
Green thread to match binding fabric  
Rotary Cutter, Mat, and Ruler  
Embroidery sewing machine with an accurate  $\frac{1}{4}$  inch foot for piecing quilt blocks

### **Test your presser foot for a scant ¼ inch seam allowance:**

- 1) In quilting you need to be able to sew a scant ¼" seam to produce accurate patchwork blocks. The thread and roll of the cloth take up space, so a scant ¼" seam allows for this factor. Use any quilting weight fabric to test your presser foot for ¼" inch seams.
- 2) With a rotary cutter, ruler, and mat, carefully cut two strips of dark fabric, 3 ½ inches long and 1 ½ inches wide. Cut one strip of light fabric the same size as the dark.
- 3) Carefully sew the strips together placing the light strip in the middle. Press your seam allowances toward the dark strips. Measure the block you made. The block should be exactly 3 ½ inches on all sides.
- 4) If your block does not measure 3 ½ inches on all sides, you may need to adjust your seam guide, move your needle, or purchase a ¼ inch foot from your dealer to produce a scant ¼ inch seam allowance on your machine.

### **Directions to make this project:**

Directions are given for a combination of two colors, a dark (blue with green print) and a light (white with green print).

All seam allowances are ¼".

After construction the finished block for the table mat will be approximately 18 ½ inches square.

### **Cutting Directions:**

Dark Fabric – (blue with green print)

5 strips – 2 ½ inches wide X 18 inches long (trim off one selvage edge and cut the strips on the lengthwise grain)

Light Fabric – (white with green print)

2 strips – 2 ½ inches wide X 18 inches long (trim off one selvage edge and cut the strips on the lengthwise grain)

2 squares – 5 ¼ by 5 ¼ inches cut diagonally into half square triangles (total of 4 **corner triangles**)

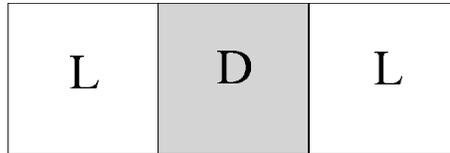


One square – 9 ¾ by 9 ¾ inches cut diagonally into quarter square triangles (4 **side triangles**)

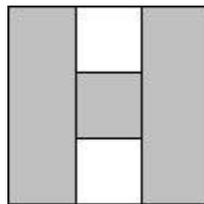


### Sewing Directions (Using $\frac{1}{4}$ inch seam allowance):

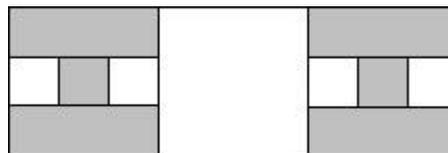
1. Sew three strips together: Light (white print) – Dark (blue print) – Light (white print).



2. This will make a band  $6\frac{1}{2}$  inches wide by 18 inches long. Press the seam allowances towards the center blue strip. Squaring up one end, cut 4 strips  $2\frac{1}{2}$  inches wide from the L-D-L band. These will be the center strip of the “H” block.
3. Cut 8- $6\frac{1}{2}$  inch strips from the remaining blue strips.
4. Sew a dark strip to each side of the L – D – L strips that you cut in step 2. You should have a block that looks like the one below. Press the seam allowances toward the blue strips.

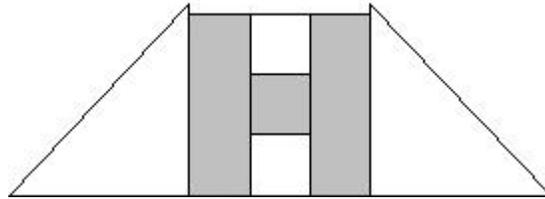


5. Stabilize the plain white center block well and embroider with the embroidery design available from: <http://4-h.wsu.edu/projects/clothing.htm> Remove excess stabilizer when finished. Center the embroidery design and trim block to  $6\frac{1}{2}$  by  $6\frac{1}{2}$  inches.
6. Sew 2 “H” blocks to the opposite sides of the center embroidered (light) block ( $6\frac{1}{2}$  inches square). Note the placement of the “H” block. Press seam allowances towards the “H” block. This is the center block row.

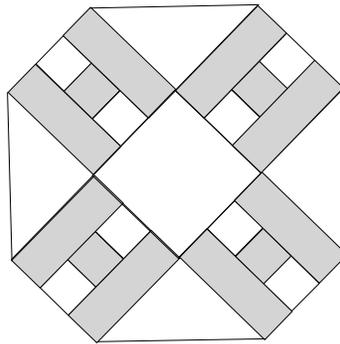


7. On the remaining two “H” blocks, sew the light fabric triangles (side triangles cut from the  $9\frac{3}{4}$  inch square), along the dark sides of the “H” square. Work carefully; you are working with bias edges. The diagonal

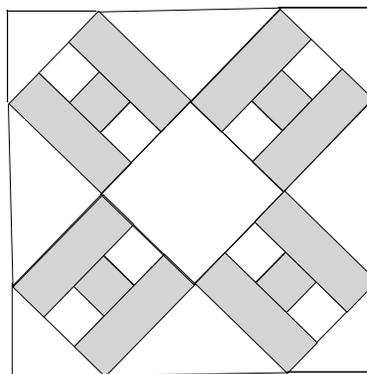
edge of the triangle is on the straight of grain. Press seam allowances towards the "H" block. (Note: Bottom of "H" and short side of the triangle need to be even. Some extra fabric will be on the top of the "H". See Diagram below. This extra fabric will be trimmed later.)



8. Sew the two side rows to the center row as illustrated below. Press seam allowances towards the side rows.



9. Attach the corner triangles from the 2-5 1/4 inch squares to the top of each "H" block. Center the diagonal of the triangle over the top of the "H" block. There will be some extra fabric at the beginning and end of the seam. It will be trimmed off in the next step. Press seam allowances towards the corner triangle. The table mat block should look similar to the diagram below.



10. Square up the table mat block to approximately 18 1/2". Be sure you have 1/4" seam allowances on all 4 sides so you don't cut off the points of the "H's" when you put the binding on.

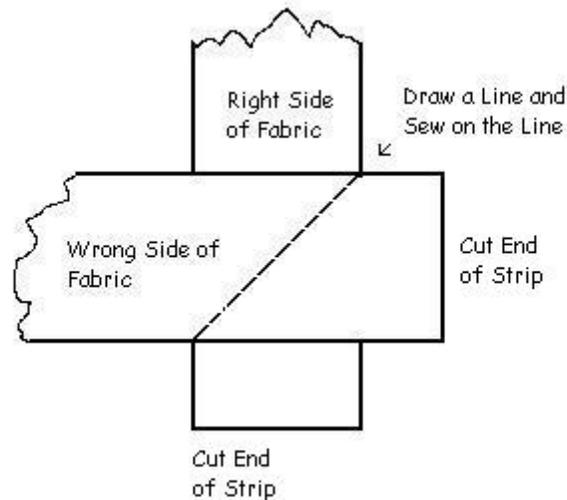
11. Layer, quilt, and bind table mat as desired; or use the following instructions. You may also choose to make a pillow or use more blocks to make a quilt.

### **Instructions for Layering and Quilting your Table Mat:**

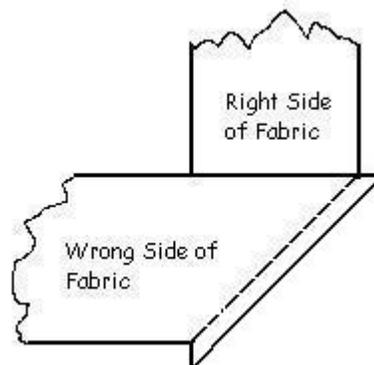
1. Cut a 20" square from your backing fabric. Press.
2. Cut a 20" square from your thin batting.
3. Tape the backing fabric wrong side up to a smooth surface (your cutting mat will work if it is large enough). Use masking tape to secure the edges of the fabric. The fabric must be smooth (free from wrinkles), straight, and slightly taught. Do not stretch the fabric.
4. Place the square of thin batting on top of the backing fabric. Center and smooth the batting.
5. Place the table mat block right side up on the batting. Center the block.
6. Smooth the top layer and pin with 1" safety pins, securing all three layers (backing fabric, batting, and table mat block). Start pinning in the center of your block; smooth and pin, working from the center out to the edges, until the layers are secure. Your safety pins should be no more than 3 to 4 inches apart.
7. Check to make sure your block is still centered over the batting and backing fabric.
8. Carefully remove the tape from your backing fabric and the smooth surface to which it was pinned.
9. Determine your quilting pattern and begin quilting your table mat. The project pictured was machine quilted in the ditch of the seams using a stitch length of 3.0 mm. with transparent thread in the needle and all-purpose thread in the bobbin. If you sew carefully, you can't see your stitches on the top. If you wish, you can quilt right on the edged of the clover. You can also quilt inside of the center block,  $\frac{1}{4}$ " from the seam line.
10. Remove the safety pins when you have finished quilting your table mat. You may wish to secure the edges of the table mat top to the batting and backing with straight pins.
11. You are now ready to bind your table mat.

### Instructions for Joining your Binding Strips for your Table Mat:

1. Cut two 2 ½" by 42" strips of the green with white print fabric on the crosswise grain (from selvage edge to selvage edge; also called WOF for width of fabric). Trim off the selvages.
2. Place strips at a right angle as illustrated below. Draw a line and sew as pictured.



3. Trim cut ends leaving a ¼" seam allowance as illustrated below.



4. Press seam allowance open and trim points as needed.
5. Fold the joined strips in half lengthwise and press.
6. You are ready to follow the instructions for: **Continuous Mitered Corner Binding** to bind your table mat.

## Continuous Mitered Corner Binding

Do not trim away the excess backing and batting. Wait until the binding has been attached. You want your binding full of batting.

For bias binding. Cut the strip 2-1/2" wide on the true bias. Sew the strips together, along the straight of grain edges, to make a long enough strip to go completely around the quilt. Press the seam allowances open and then fold in half and press. You will have a folded strip 1-1/4" wide with raw edges together. Straight binding can also be used.

1. Open the strip at the left end, lay right side down on the table and fold the corner up to form a 45 degree angle. Figure #1

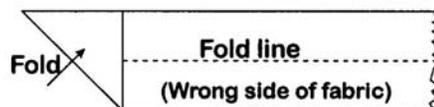


Figure 1

2. Starting at this folded end, place the binding along the edge of the quilt top. (Start in the center of one side of the quilt, not near a corner) Start sewing at the 45 degree fold, and sew about 4" with a 1/4" seam allowance. Pull the quilt out from under the presser foot leaving about 6" of thread. Figure #2

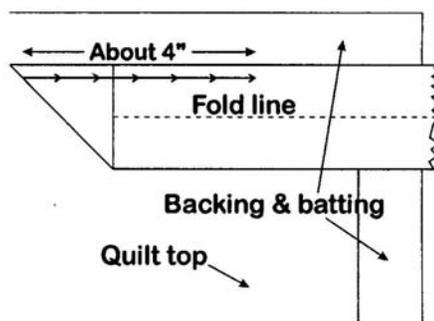


Figure 2

3. Refold the binding on the fold line and start sewing again at the same point. Figure #3

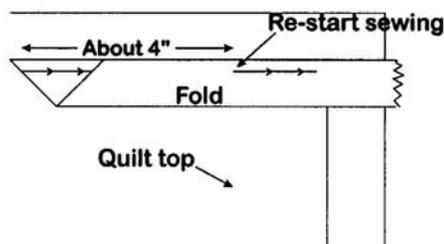


Figure 3

4. Stop sewing EXACTLY 1/4" from the corner, have the needle stop down in the fabric, turn the quilt and sew off the corner, onto the top and backing, at a 45 degree angle, to help make the mitered corner. Figure #4

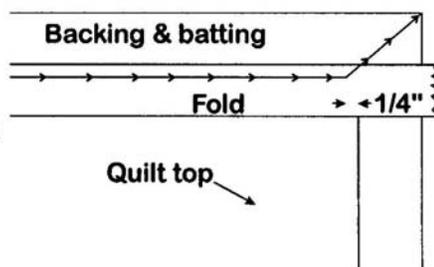


Figure 4

5. Fold the loose binding strip back and up off of the top of the quilt. This will create a 45 degree angle following the sewn seam. It should be parallel with the next side of the quilt to be bound. Figure #5

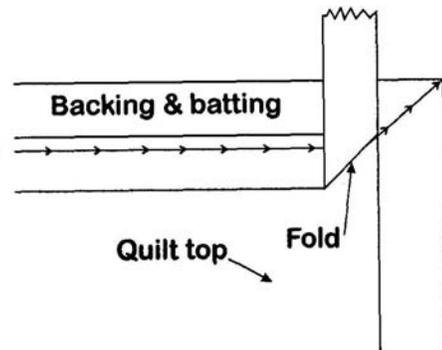


Figure 5

6. Fold the binding strip straight down to make it look like it is a square corner. Figure #6

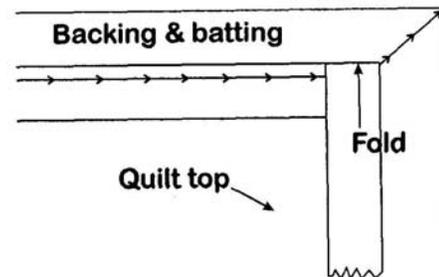


Figure 6

7. Begin sewing at the fold. Sew until you come to the next corner and repeat steps 4, 5 and 6. Repeat on remaining corners. Figure #7

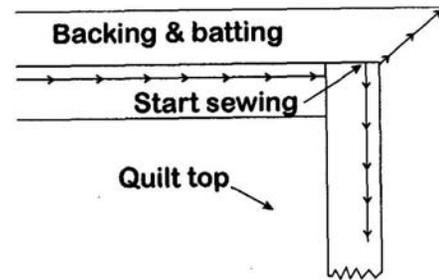


Figure 7

8. When you return to the starting point, have the needle stop down in the fabric. Place the loose end of the binding strip over the beginning line of stitching and cut off just before you get to the stitching that you began in step #3. Figure #8

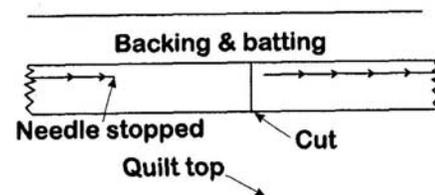
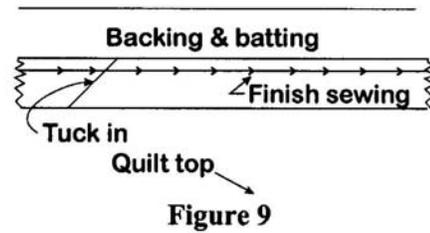


Figure 8

9. Tuck the loose cut end inside the doubled binding at the 45 degree angle. Continue sewing through all the thicknesses until you reach the starting point of step #3. Stitch a few more inches along the same line.  
Figure #9



10. Cut the batting and the backing of the quilt 1/8" larger than the quilt top. That will help fill the binding when you are finished.
11. Turn the quilt over, right side down on the table. Roll the folded edge of the binding over the edge and match the fold to the line of machine stitching.
12. By hand, stitch the binding down to the backing with a blind applique stitch. When you come to a corner, continue stitching all the way to the cut edge. Then fold the binding back to make the mitered corner. You can start stitching from the inside corner of the miter. Work your way around the quilt, stitching it all down.



## Note Worthy Fabrications

Stationery and Cards with Fabric Decorations

1-2 Hours

**What will you learn?**

**How to:**

Pre-wash fabrics before using them  
Use an iron and fusible web for iron-on  
appliqués (decorative fabric shapes)

**What will you need?**

Appliqué pattern sheet, cookie cutters and/or stencils  
Pinking and/or scalloping shears for cutting fancy edges on fabric  
Small sharp scissors for cutting fabric

Scraps of quilting weight cotton fabric; look for fabric with pictures and themes for seasonal cards

Buttons, sequins, ribbons, lace, and other flat trims (optional)

Thick craft glue

A paper-backed fusible web like [HeatnBond® Lite by Therm O Web\\*](#) (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)

Card stock or heavy 24 weight bond paper (8 1/2" x 11") in a selection of colors

Size 5 1/2 envelopes (these measure 4 3/8" by 5 3/4") for small cards made from a half sheet of paper folded in half and/or size CO298 envelopes (these measure 5 3/4" X 8 3/4") for large cards made from a sheet of paper or card stock that has been folded in half (see [US Postal Service link\\*\\*](#) for mailing information)

Iron and ironing board or pressing mat

A collection of fancy paper cutting scissors (scrapbook scissors) for cutting fancy edges and corners on the cards

Old greeting cards for ideas and sayings

Corner cutting punches (these may stick and work best on the paper but not the card stock)

Nails or large pins to score the paper backing on the fusible web

Muslin (plain off-white fabric), a piece just large enough to cover your card to use as a pressing cloth when fusing the fabric pictures in place

### Directions to make this project:

1. You will need to pre-wash your fabrics without fabric softener. The chemicals left in by the manufacturer and those in fabric softener may prevent the paper-backed fusible web from sticking to your fabric. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Trace shapes on the paper side of the fusible web or select pictures from printed fabric. Fuse the paper backed fusible web to the wrong side of your fabric.
3. Cut out the pictures and traced designs ***before*** removing the paper. You will need to use fabric cutting scissors and shears to cut through the fabric and paper. Scrapbook scissors will shred the fabric.



4. Plan the arrangement of your fabric pictures and the greeting on your card. You can use a computer to print greetings on the card stock and/or heavy paper. Greeting card software will make it easy to plan the layout of a card but you can use word processors and art programs, too. Look at old greeting cards for ideas or look on the internet at e-card sites for sayings and greetings.

5. If you need to cut your card stock or paper, use a paper cutter or rotary cutter with a mat and ruler. One sheet of paper folded in half makes a large card. You can get two small note cards if you cut the paper in half (5 ½" by 8 ½").



6. Score the paper on the back of your appliqué to make it easier to remove it. You might make the fabric fray if you peel off the paper backing from the edge.



7. Place the fabric designs on your card and carefully place the small piece of muslin over them. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let your card cool.

8. Use the scrap book scissors and punches to decorate the edges and corners of your card, if desired.



9. Attach other flat decorations on your card as desired with the craft glue or use strips of fusible web on ribbon, rick-rack, etc.



Buttons



Ribbon

10. If you are giving a set of note cards as a gift, include some envelopes and tie them in a bundle with a pretty ribbon.



11. You can re-cycle the old greeting cards by gluing them on gift sacks. Add additional fabric decorations, ribbons, and buttons as desired.

### Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

\* For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>

\*\* Information on envelope sizes and mailing restrictions: <http://postcalc.usps.gov/mailpiecedimensions.asp>



## Sarah's Fun Fleece Hat<sup>1</sup>

1-2 Hours

### What will you learn?

#### How to:

Use a paper pattern

Recognize and use the attributes of a stretch knit fabric to make a hat to wear or give to charity

### What will you need?

A sewing machine and basic sewing tools

¼ yard of fleece fabric with the greatest stretch along the cross grain (some fleece fabrics may not have any stretch on the cross grain, avoid using them)

Coordinating all-purpose polyester thread

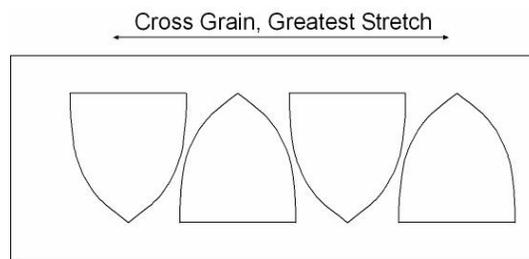
Optional: A button, pom-pom, or decoration of your choice for the top of the hat

<sup>1</sup> Project pattern was created by Sarah Kane. The digital version was developed by Sally Walter.

**Seam Allowances:** The seam allowance on this pattern is  $\frac{3}{8}$ ". Most standard presser feet will make a  $\frac{3}{8}$ " seam allowance. You may use a  $\frac{1}{4}$ " seam allowance for a slightly larger hat. Remember to backstitch at the beginning and ends of your seams!

**Directions to make this project:**

1. For this project, you don't need to pre-wash the polyester fleece.
2. To find the "right" side of the fleece, stretch the fleece along the cut edge running from selvage to selvage (crosswise grain edge); it will roll to the wrong side.
3. Using the pattern provided, cut 4 of the wedge shaped hat sections. Remember the stretch of the fabric must go around your head for the hat to fit properly. The base of the wedge must be along the grain with the greatest amount of stretch. See pattern layout for best use of fabric.



Pattern Layout

4. Cut a rectangle: 8" x 22" with the stretch of the fleece going the length of the piece. This will be the band for your hat. You may want to exchange band sections with someone whose fabric coordinates with yours so you can have contrasting bands as shown in the picture of the finished hat.
5. Before you start sewing, check to make sure your machine has a universal 90/14 needle inserted. You may also use stretch or ball point needles when sewing on knit fabrics. Sew 2 of the wedge shaped pieces together from tip to base with the right sides of the fabric facing each other. Use the right edge of your presser foot as a seam guide for a seam allowance of  $\frac{3}{8}$ ". Make sure to backstitch to secure the ends of your seams. Repeat for the remaining 2 wedge shaped pieces.



6. With right sides together, sew the 2 hat sections together. (Optional decoration: If you would like to have a fabric loop at the top of your hat, you may wish to insert it where the seams meet before you sew the two hat sections together.)



7. Fold the rectangle for the band in half, matching the two 8" sides; sew together with a 3/8 inch seam allowance to make a circle.



8. Fold the band in half lengthwise wrong sides together matching the cut edges. Sew the cut edges together with a scant 1/4 inch seam allowance. Divide the band into quarters and mark with pins along the cut edge.



9. Place the band on the wrong side of the hat, matching the quarter mark pins on the band to seams of the hat. Pin band in place. The band will cover the seam when it is rolled to the right side.



10. Sew the band to the hat with a 3/8 inch seam allowance. When you sew, place the band on top and the hat sections next to the feed dogs. Stretch the band slightly to fit the hat as you sew.



11. Turn the hat right side out and roll up the band approximately 2 ½ inches to the right side of the hat to make a cuff. You are done! 😊



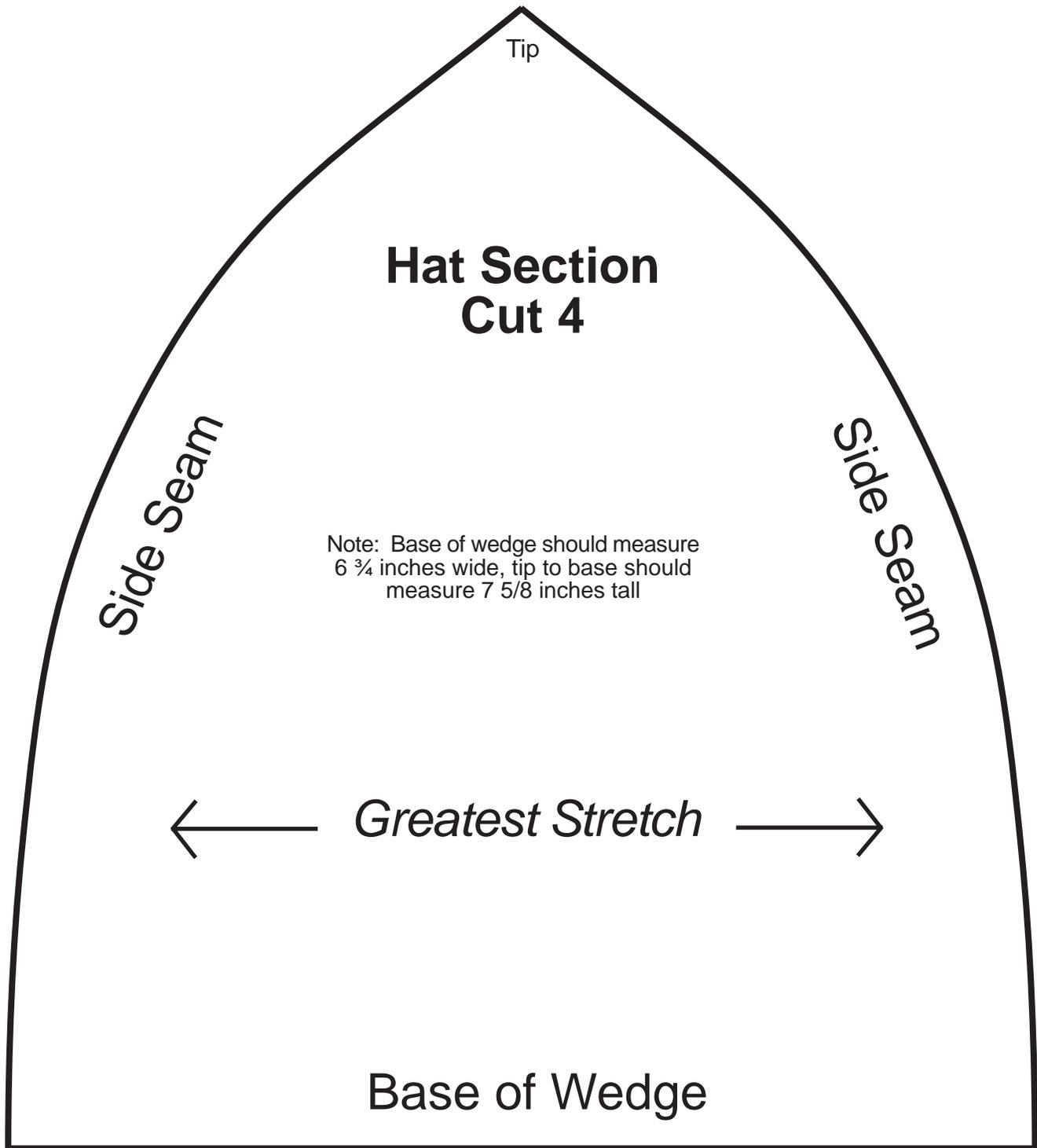
12. You can add a button, a loop, pom-pom, flower, or decoration of your choice to the top of the hat or to the band.

13. You may want to make a hat in your favorite team's colors or your school colors.
14. Plan a community service event to make hats to give to local charities to distribute during the winter.

**Notes:**

You might like to design your own hat pattern from the instructions and measurements at Martha Stewart's site:  
<http://www.marthastewart.com/page.jhtml?type=content&id=channel1403>

# Pattern Page





## Flower Power Jewelry Bag

1-2 Hours

### What will you learn?

#### How to:

Pre-wash fabrics before using them  
Sew square and rounded corners  
Use fusible web for a quick seam closure

### What will you need?

A sewing machine and basic sewing tools  
2 coordinating cotton fabric\* prints (quilting weight cottons, may use fat quarter cuts of fabric, 18" by about 22")  
40 inches of 1/4 inch ribbon or 1/8 inch diameter rat-tail cording  
3 inches of 1/4 inch paper-backed fusible web  
Thread to go with your fabric

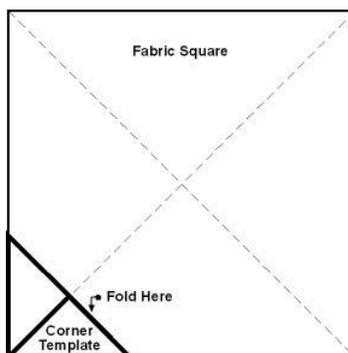
**Seam Allowances:** ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

**Directions to make this project:**

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabric will cause wrinkles to form that will be difficult to remove.
2. Press your fabrics with a hot iron and steam, if necessary.
3. Cut 2 **squares** of fabric, 8 1/2 or 9 inches on each side. Sew the two squares of fabric together, right sides facing each other using a 1/4 inch seam allowance (or the right edge of the presser foot). Remember to leave your needle in the down position when you lift your presser foot to turn a square corner. Leave 3 inches open on one side for turning right side out. (See pattern page if you want rounded corners on your petals.)
4. If you are making rounded corners, trim seam allowance around corners with pinking shears. Square corners can be trimmed with a straight cut diagonally across seam allowance at the corner. Before turning right side out, press on the stitching line and then press one seam allowance open to the side.
5. Turn fabric right side out through opening. Reach inside opening and use a point turner to push the corners and seams out. Press seam edges carefully.
6. Use 1/4 inch wide fusible web tape to close opening. (If you use fusible web with a paper backing, you can fuse it to the edge of one square of fabric before you start sewing. Remove the paper backing only when you are ready to seal your seam.)
7. Fold and press square on diagonals.

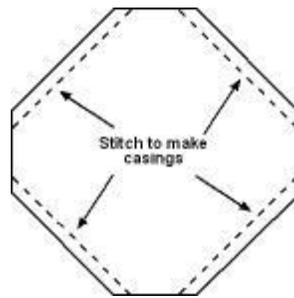


8. Fold corners back about 2 inches, matching diagonal folds. Use corner template on pattern page as a guide.

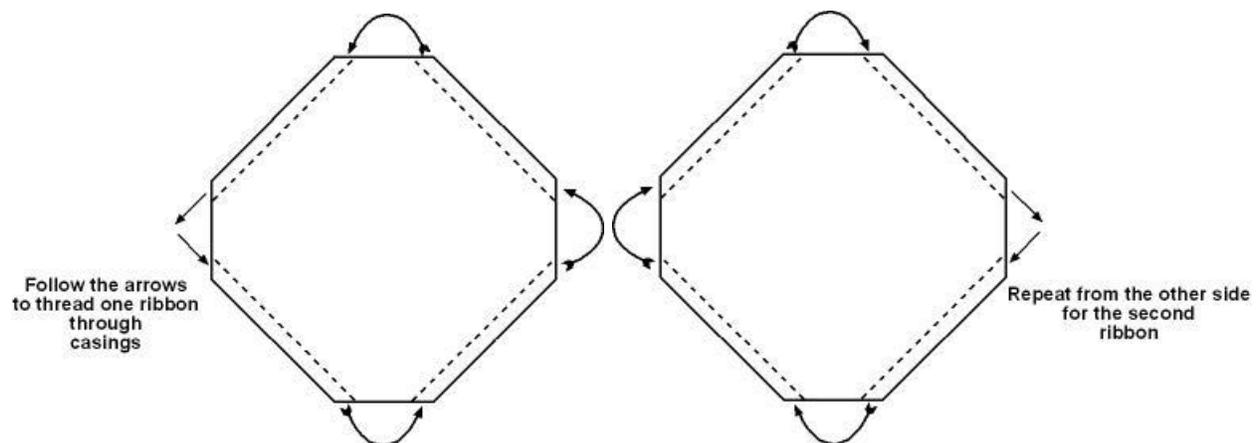


Use template for all four corners.

9. Stitch casings across the folded corners with a scant 5/8 inch wide seam allowance.



10. Use ribbon or fancy cording, 20 inches for each tie, to make a drawstring closure. Thread each ribbon\*\* through the casings from opposite sides. Knot the ends of each ribbon together. When you pull the ribbons, they will pull up the fabric to make a bag. The corners that were folded back and stitched down become the flower petals.



11. Use and enjoy your jewelry bag or give it as a present.

12. Try larger squares of fabric to make a bigger bag. Adjust the size of your corner template accordingly.

### Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

\* If your fabric is too stiff, it will be difficult to pull the drawstrings tight.

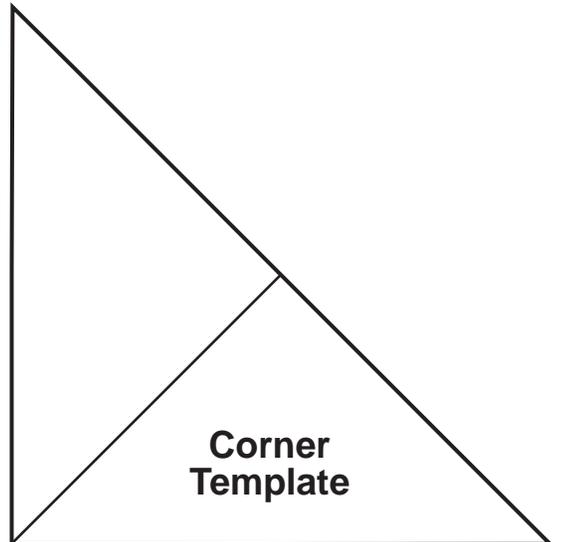
\*\* To thread your ribbon through the casings, attach a small safety pin to the end of the ribbon and push the safety pin through the casings. You may also use a yarn needle with a large eye.

# Pattern Page

Pattern should make fabric  
squares  
8 1/2" by 8 1/2"  
1/4" seam allowance

**Place of Fold of Fabric**  
Cut 2 of coordinating  
cotton prints

## Flower Power Jewelry Bag





## Quick Zip Makeup Bag

1-2 Hours

### What will you learn?

#### How to:

Select coordinating printed fabrics  
Pre-wash fabrics before using them  
Strip quilt (stitch and flip quilting)  
Put in an exposed zipper



### What will you need?

A sewing machine and basic sewing tools

Quilting weight cotton fabric: 2 fabrics that look nice together,  $\frac{1}{4}$  yd. of each will make several bags, you can also use fat quarter cuts of fabric (fat quarters are 18" by about 22")

11"x14" piece of fusible fleece, **Pellon**<sup>™</sup> Fleece, or cotton batting (these products will take the heat of an iron, most polyester batting will not)

11"x14" piece of cotton muslin fabric (this will be the lining, you may use cotton quilting fabric if you wish)

14 inch polyester dress zipper to go with your fabric

6 inches of  $\frac{1}{4}$ " ribbon to go with your fabric

Thread to go with your fabric

**Seam Allowances:**  $\frac{1}{4}$  inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a  $\frac{3}{8}$  inch seam allowance)

### Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.

2. Carefully press your fabric flat. Use steam if necessary. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvage edges together but shift your fabric sideways until there are no wrinkles. If you are using fat quarter cuts of fabric, just fold the fabric in half so you have a rectangle 9" by about 22".
3. Square up one end of your fabric so you can cut straight strips. From your favorite print; cut 3 strips 2 ¼ inches wide by 14 inches long. From the other fabric; cut 4 strips, 1 ¾" wide by 14 inches long. (If your machine has a ¼" presser foot, you may cut your strips 2" and 1 ½" wide to make them look like the makeup bags in the picture.)
4. Fuse-baste the lining fabric to the piece of fusible fleece following the manufacturer's instructions. Make sure you fuse to the side of the fleece that has glue on it. If you are using **Pellon™** Fleece or cotton batting, use scraps of fusible web to baste your fabric to your fleece or cotton batting. Sometimes the polyester fleece or cotton batting has a type of glue on the surface that will hold the backing fabric without using the fusible web. You may also fuse-baste with a spray basting glue like **Quilt Baste**. If you have a printed fabric for lining, fuse-baste the wrong side of the fabric to the fleece or cotton batting.
5. Place one of the wider strips right side up on the center of short side of the fleece side of your fleece and lining fabric unit. Use a couple of pins on the left side of the strip to keep it straight and hold it in place while you position the next strip of fabric. Take a narrower strip and place it wrong side up with one cut edge aligned with the right edge of the wider strip. Stitch down the aligned edges, using the edge of your presser foot as a guide.



Center first strip.



Position next strip on top.



Stitch strips.

6. Flip the narrower strip to the side so you can see the right side of both fabrics and press it carefully to the side. Now take a wider strip and place it right side down so it is aligned with the cut edge of the last strip you stitched down, flipped, and pressed. Repeat the stitching, flipping, and pressing with a wide strip. Then, repeat again with a narrower strip.



Flip and press.



Add next strip and stitch.



Flip and press again.

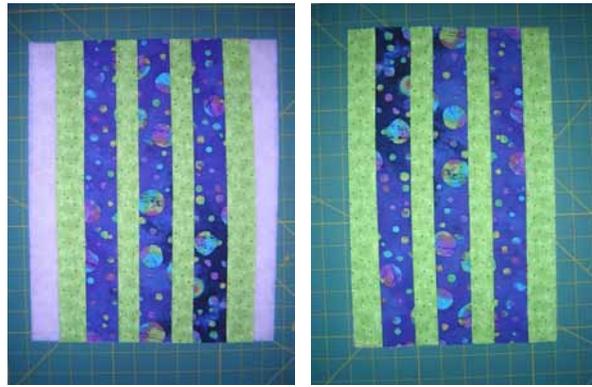


Add last strip.

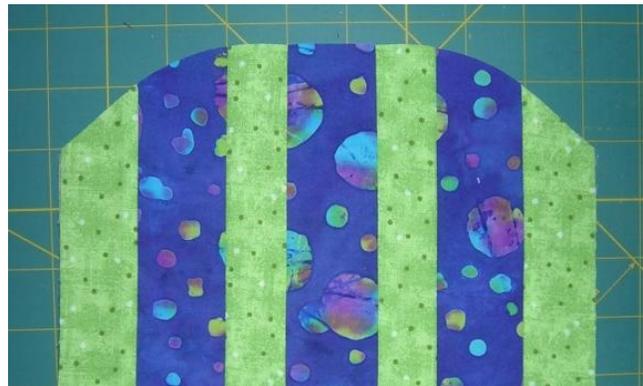
7. Rotate the fleece/backing fabric so you can repeat the flipping and stitching process with your remaining strips. You should have three wide strips and four narrow strips stitched down on your fleece and lining fabric unit.



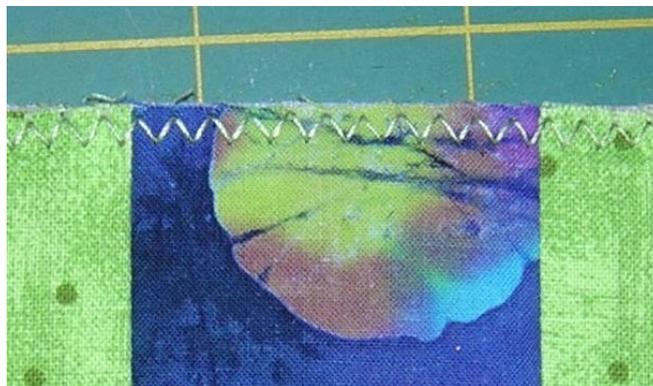
8. Trim the strips even with the fleece and backing then trim the fleece and backing even with the last strip of fabric on each long side. Next, square up each short side so you have a rectangle about 9 1/2" x 12 1/2". It is important that the short ends are the same width and that the long sides are trimmed to equal lengths.



9. Shape each short end with the curved pattern piece provided. Use the center fold line to match to the center of each short side.



10. Serge or zigzag around all edges. The zigzag stitching should be right on the edge to hold the layers together and prevent raveling. Use a zigzag stitch with a stitch width of 3.5 and a length of 3.0.



11. Apply the zipper to the curved ends of your strip-pieced rectangle using the exposed method. Center the zipper face down along the curve, aligning the edge of the curve with the edge of the zipper tape. Pin. Find where the zipper teeth will start and end on the curve. Mark both sides of the zipper teeth as a reference at both the starting and ending point.



Pin and mark where the zipper tape matches the curve at the beginning and end.

12. Put a zipper foot on your sewing machine and stitch with the needle making a seam line a scant 1/4" from the zipper teeth or the edge of the zipper tape, whatever is easiest to do with the type of zipper foot you have for your machine. If it is easier to follow the zipper teeth, you may want to open the zipper for this step. If you don't have a zipper foot, you can do this step with the multi-purpose foot or an open toe foot appliqué/decorative stitching foot. Backstitch at the beginning and end of this seam.



13. Close the zipper. Center and pin the other side of the zipper tape to the other curved edge of your stripped pieced rectangle using the marks you made in step 11. It is important to have the zipper tape start and end at the same points on both sides. Repeat step 12 for the second side of the zipper.

14. Zigzag the edge of the zipper tape to the curved edge of the stripped pieced rectangle on each side of the zipper. This will keep the zipper from catching the zipper tape or quilted fabric.



15. To make the sides of the bag, open (or close) the zipper only half way. This is a **very** important step.



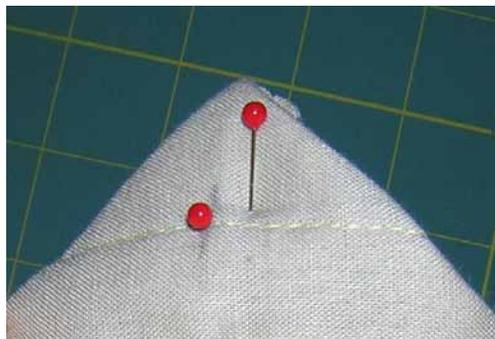
16. Fold the bag in half, right sides together and the zipper inside. Match the top edges of the quilted fabric (and the sides). Pin. You will want to start stitching where you matched the top edges (**NOT** at the fold that is the bottom of the bag). Stitch each side, using the edge of the presser foot as a guide. Back stitch at the beginning and end of the seams.



17. Check to make sure you have the zipper pull between the side seams. If so, you can trim off the ends of the zipper that extend beyond the side seams at an angle. It is best to use an old pair of sharp scissors that you would use for cutting paper or kitchen utility shears. Cutting through the zipper teeth will dull a good pair of fabric shears.



18. Square the bottom of your bag by stitching across the triangle formed by matching the side seam to the bottom crease. Mark the bottom crease with a pencil, chalk, soap scrap, or fabric marking pen. Insert a pin straight down through the mark and the seam line to temporarily hold the position of the corner while you insert another pin that will secure the corner when you begin stitching.



19. The base of this triangle should be about 2". If you stitch from the side where you can see the seam line where you stitched the last strip, you can follow it for a guide. Remember to backstitch at the beginning and end of your seams so your seams don't fall apart.



20. Turn your bag right side out. Check your corners to see if they are square and straight.



21. Insert ribbon in zipper pull and secure with slip knot.



Slipknot

adam.com

Image: [http://www.humc.com/humc\\_ency/outdoor\\_health/images/Knots\\_1Slip.jpg](http://www.humc.com/humc_ency/outdoor_health/images/Knots_1Slip.jpg)

Trim and seal ends of ribbon with seam sealant or clear finger nail polish. You could also thread some small beads on the ribbon and knot the ends.

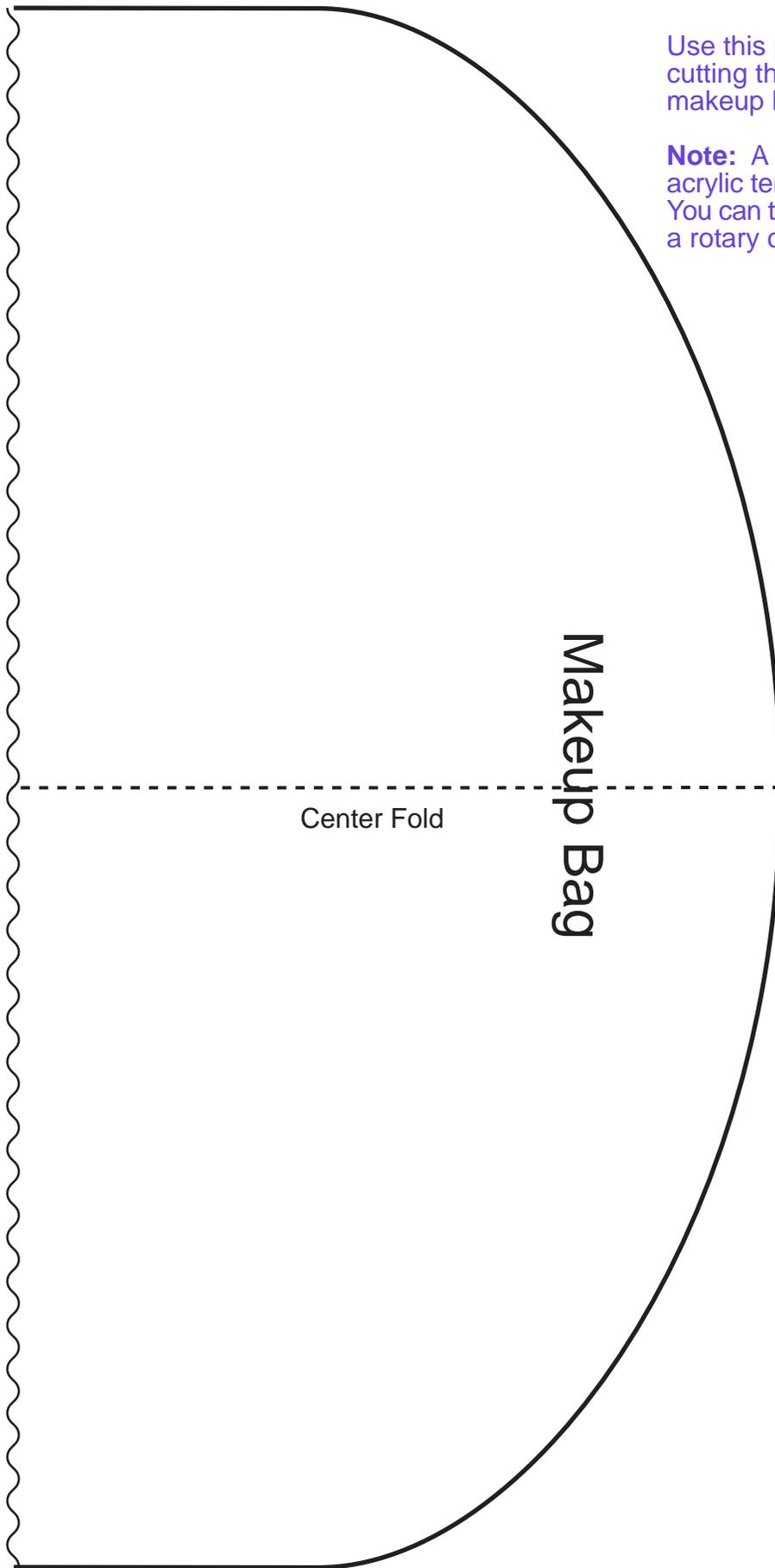


22. Enjoy your makeup bag. If you are making bags as gifts, you may want to stuff them with clean plastic grocery sacks so they will hold their shape. Try making a larger bag using pre-quilted fabric or try squiggle and waves quilting to make your own pre-

quilted fabric. You can also try using 4 different print fabrics. Cut your strips 1  $\frac{3}{4}$ " wide (1  $\frac{1}{2}$ " if you have a  $\frac{1}{4}$ " presser foot). You can use the technique for making square corners for other styles of bag. Maybe you would like to design a denim grocery sack.

**Notes:**

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.



Use this pattern as a guide for cutting the curved edges of the makeup bag

**Note:** A glass shop can cut an acrylic template using this pattern. You can then use the template with a rotary cutter and mat.



## Mug Mats

2 Hours

**What will you learn?**

**How to:**

Pre-wash fabrics before using them

Use an iron and fusible web to apply iron-on appliqués (decorative fabric shapes) to fabric

Use the sewing machine for straight seams and decorative embellishments

Apply a butted quilt type binding to enclose a raw edge

**What will you need?**

A sewing machine and basic sewing tools

Scraps of cotton quilting weight fabric

Scraps of cotton batting or polyester fleece, at least 6 inches square

Thread to go with your fabric

A sew-through paper-backed fusible web like [HeatnBond Lite® by Therm O Web\\*](#) (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)

A tear-away stabilizer like **Pellon® Stitch-n-Tear** (paper can work in a pinch but a tear-away stabilizer will be easier to manage due to the slight texture on the surface)

¼” wide strips of paper-backed fusible web, you will need four about 5 inches long

A collection of different colored all-purpose thread or decorative rayon or polyester threads

Cookie cutters and/or coloring books with simple shapes and pictures for appliqué designs; some are provided on the pattern page for this activity

A small piece of muslin (plain off-white cotton fabric) to use as a pressing cloth, an 8 inch square will be large enough

**Seam Allowances:** ¼ inch or use the right edge of the presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance) Remember to backstitch at the beginning and end of your seams!

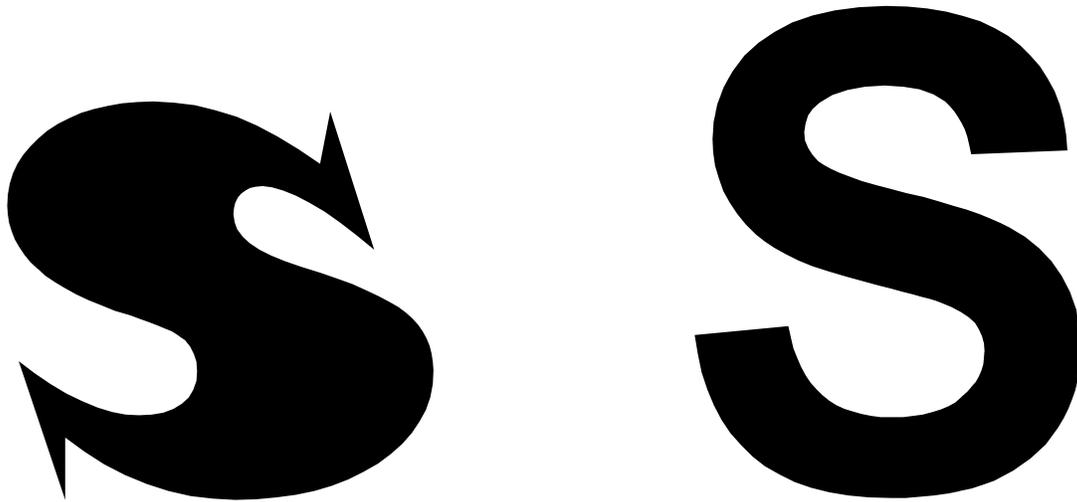
### Directions to make this project:

1. You will need to pre-wash your fabrics without fabric softener. The chemicals left in by the manufacturer and those in fabric softener may prevent the paper-backed fusible web from sticking to your fabric. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Carefully press your fabric flat. Use steam if necessary.
3. Plan which fabrics you will use for your mug mats. You will need one 6 inch square for the front and one for the back, plus a square of fleece or batting. You will need four 7 inch strips of 2 ½” wide fabric for binding the edge of your mug mat.



4. Select the fabric for your appliqués. Trace simple shapes on the paper side of the fusible web (see **Appliqué Shapes** for ideas, draw your own, or search for them on the internet; key words: “appliqué shapes”, appliqué).

5. If you choose to make an initial, remember to reverse the letter when you trace it on the fusible web. You can make large initials easily by selecting a letter from a favorite font on the computer and enlarging it. The first example below is the letter “**S**” from the font **Snap ITC**. The size is 200. Type the letter you want. Highlight it and select your favorite font. Then type 200 in the “**Font Size**” box of the word processor and hit the “**Enter**” key to change the size of the letter.



The second letter “**S**” is from Arial. The font size is 250 and it was typed in bold.

If you have a **WordArt** function in the word processor, you can flip letters of any size horizontally or make your initials in an art program where you can mirror image the letters so you can easily trace the reverse image onto the fusible web.



6. Fuse the paper backed fusible web to the wrong side of your fabric. Cut out the pictures or traced designs **before** removing the paper. You will need to use fabric cutting scissors and shears to cut through the fabric and paper.



- Plan the arrangement of your appliqué. Score the paper on the back of your appliqué to make it easier to remove it. Use a nail, a needle, or the tip of your scissors. You might make the fabric fray if you peel off the paper from the edge. Place the fabric designs on the fabric you have selected for the top side of your mug mat and carefully place the small piece of muslin over them. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let the fabric cool.
- Sometimes, you will want to stitch around the fabric appliqué before you layer the top of the mug mat with the batting and back fabric. If you save some of the stitching for after you layer the fabrics and batting or fleece, it will be like quilting a quilt. When you stitch around the shapes, you can use the fancy polyester or rayon threads. Layer the fabric on top of a tear-away stabilizer like **Pellon® Stitch-N-Tear** to prevent puckers and ripples.



Stitch-N-Tear on back side of fabric

- You can use the fancy stitches on the machine or a regular zigzag stitch set for about 2.5 wide and 1 long. Position the presser foot so the needle falls mostly on the appliqué design and then swings just off the edge. Let the feed dogs move the fabric. Sew slowly and guide the fabric around gentle curves with just a little help from your hands. If you have to turn the fabric for a sharp corner, position the needle in the fabric, lift the presser foot, and then turn. If you have an inside corner, the needle should be in the appliqué when you lift the presser foot. If you have an outside corner, put the needle in the base fabric but not the appliqué; lift the presser foot to turn the fabric. Remember to lower the presser foot before you continue around the appliqué.
- When you have finished stitching around the appliqué shapes, carefully tear away the stabilizer from the back. It will be alright if you don't get all of it.



11. Place the back fabric face down, next layer the square of batting or fleece, and then the top fabric face up. Put a few pins around the edges or secure the layers with scraps of fusible web. Now you can stitch around the appliqué to quilt the layers together. You won't be able to set the zigzag stitch as closely as you did in step 7. If you finished stitching down the appliqué, just use a straight stitch around the outside to quilt the layers together. You won't need the stabilizer paper for this step.



12. Square up your layers so that they are even. The mug mat should be about 5" by 5".



13. Fold the binding strips in half, wrong sides together and press.



14. Working from the right side of the mat, center a strip on one side, aligning the cut edges of the folded strip with the cut edges of the mug mat. Sew the strip to the mug mat following the edge of the presser foot as a guide.



15. Fold the strip over the edge of the mug mat and press. Use the strips of fusible web to secure the strip on the back side of the mug mat. From the top side stitch in the ditch of the seam with matching thread or top stitch with a zigzag or decorative stitch and fancy thread. Trim the binding strip even with the bottom and top edges of the mug mat.



16. Repeat steps 14 and 15 for the other side of the mug mat.



17. Repeat step 14 for the remaining edges of the mug mat.



18. Before you fold the strip to the back, fold the end over the edge, secure with a pin, and then continue with step 15.



19. Your mug mat is finished! You can use the same technique to make potholders for a family member who likes to cook. Old washed wool blankets and sweaters will make nice heat resistant batting in potholders. Old cotton towels will work, too. You don't want to use regular polyester batting because it melts with heat and polyester will transfer warmth faster than cotton batting or wool blankets. You might like to try sewing simple patchwork blocks for your mug mats and potholders.



You can also use your appliqué skills to decorate matching cotton dish towels or placemats. You can make the towels or purchase them. Sometimes the dollar stores will have nice dish towels for less than you can find them in other stores.



The towels on the right and left were made from 100% cotton plaid decorator fabrics. The towel in the center was purchased at the store and decorated with a band of printed quilting weight fabric. Look for fabrics with fun pictures to appliqué on your projects.

Try using the appliqué shapes for other projects. You may want to decorate a backpack with appliqués or use them in place of strip quilting on a postcard.



### Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

\* For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>

Choose a fusible web that you can sew through, some permanent types are not intended to be sewn through because they will gum up the needle with glue.



# QUICK PROJECTS TO DO

## Pillowcase

**Goal:** What will be learned by this project?

The instructions for this project are a compilation of instructions from various pillowcase kits purchased from quilt shops and the instructions from the Hoffman California Fabrics site.

This project teaches color and fabric selection, straight stitching, and finger pinning. The skill of finger pinning is needed for piecing the large log cabin blocks. This project also serves as practice on cutting with a rotary cutter, ruler and mat.

**Materials Needed:** See directions below

### Directions to make this project:

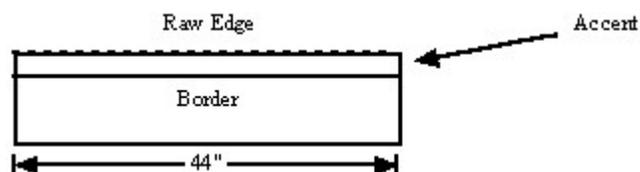
Instructions are for 44/45" wide fabric. Pre-wash fabric to eliminate shrinkage. All seams are 1/4 inch (or the width of the presser foot on a standard machine, which will be closer to 3/8 inches). Fabric pieces are cut along the crosswise grain of the fabric.

Cut one - 28" X 44/45" strip for body of pillowcase

Cut one - 2 1/2" X 44/45" strip for pillowcase accent (you may prefer to use a very narrow piece here as it will look more like the commercially made pillowcases, try 1 1/2").

Cut one - 9 1/2" X 44/45" strip for pillowcase border.

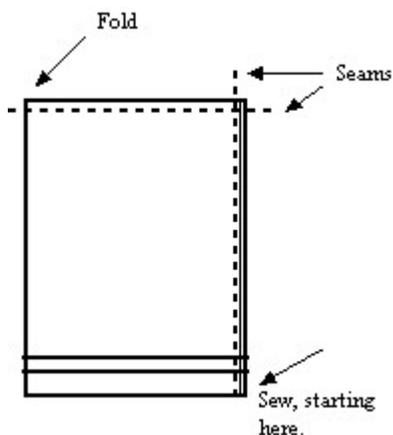
Fold the accent and the border of the pillowcase in half lengthwise with the right sides to the outside. The accent will be 1 1/4" x 44/45" (or your choice) and the border will be 4 3/4" x 44/45" after folding. Press. Place the folded accent on top of the folded border, with the raw edges of each aligned, and sew (no need to backstitch as there will be selvages to trim off). Don't worry if the ends of these pieces don't line up. They will be trimmed later.



With the accent side down, place the border/accent strip on top of the right side of a 44" side of the body fabric, align the raw edges, and sew (no need to backstitch as the ends may not match and will be trimmed later). To prevent fraying, finish this seam edge. Serge or zig-zag the raw edges together. Press the seams toward the body of the pillowcase.

Trim off selvages and any excess fabric that may result from differences in fabric width. Fold pillowcase in half, right sides of fabric together, matching edge of border and seam between pillow case body and border/accent. Pin. Sew the side seam starting at the folded edge of the border so they will match nicely. Sew the seam across the end of the pillowcase. Be sure to backstitch these two seams and finish them by serging or zig-zag.

Turn right side out and press.



*World Class. Face to Face.*

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## Sleepy Heads Pillowcase

**Construction Time:**  
2-3 Hours

**What will you learn?**

**How to:**

Select coordinating printed fabrics  
Pre-wash fabrics before using them  
Sew straight seams  
Zigzag or serger finished seam allowances to prevent raveling (loose threads)

**What will you need?**

A sewing machine and basic sewing tools  
3 coordinating quilting weight cotton fabrics, 44-45 inches wide to make a standard size\* pillowcase:  
7/8 yd. for the large section or body of the pillow case  
1/3 yd. for the wide band or border  
1/8 yd. for the narrow accent trim  
Thread to go with your fabric



**Seam Allowances:** ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

**Directions to make this project:**

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Carefully press your fabric flat. Use steam if necessary. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvage edges together but shift your fabric sideways until there are no wrinkles.

3. Square up the raw edges of the fabric for your pillowcase body and wide band so they are straight and perpendicular (at right angles) to the selvage edges. Unless the selvage edges are puckered and they became smaller than the rest of the fabric during washing, do not cut them off. They will be trimmed later.
4. Cut the small accent trim 2 ½" inches wide. If you can sew really straight, you may want to try cutting the accent trim narrower. If you cut it 1 ½ inches wide, it will look like the trim on a ready-made pillowcase.
5. Fold the accent and the border of the pillowcase in half lengthwise with the right sides to the outside. The accent will be 1 ¼" wide (or your choice) and about 42" long and the border will be about 4 ¾" by about 42" after folding. Press well with steam.
6. Now, arrange all of the fabric pieces next to the sewing machine so that the selvage edge with little or no printing is at the top and the cut edge is on the right. The large body section of the pillowcase should be placed on the sewing table first wrong side up, the wide border next, and the narrow accent trim piece on top. You are going to always start sewing with the smallest selvage edge at the beginning of the seam. The wide printed selvage will be different on each fabric. If you sew from the smallest selvage to the largest, you will be able to trim all the wide uneven selvages off at once without wasting any of the fabric.<sup>1</sup>



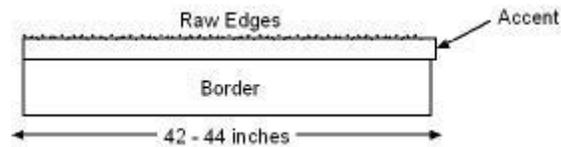
In the above samples, there was no difference in the selvages on either edge of the red and gray prints. The WSU print has a narrow and a wide selvage. The WSU fabric also has directional pictures but when it is placed as desired for the appearance of the pictures, the smaller selvage is at the top as shown by the picture on the right (the picture on the right also shows the stacking order of the fabric as it should be next to the machine).

7. Place the folded accent fabric on top of the folded border, with the cut edges of each lined up together and the narrow selvages on the end where you will begin your

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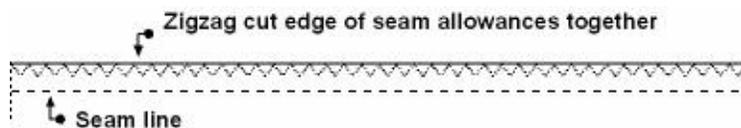
<sup>1</sup> **Note to Helpers:** We are using the selvage edges like a quilter uses a starter or anchor scrap to start stitching. If there are directional picture fabrics, you may have to help determine how they will be placed to have the pictures appear as desired in the finished pillowcase. This may not allow all of the smaller selvages to be placed at the beginning of the seam. If there are 2 or more picture fabrics involved, trim off all selvage edges but don't make the fabric pieces the same width. The pushing action of the presser foot makes it difficult for inexperienced sewers to match them without sewing in puckers and tucks.

seam. Don't worry if the other ends of these pieces don't line up. They will be trimmed later.



8. With the accent strip on top, sew it to the border using a  $\frac{1}{4}$ " seam allowance or follow the right edge of your presser foot. You don't need to backstitch because the selvage edges are going to be cut off later. Check to make sure you caught all 4 of the cut edges evenly in the seam and that the accent strip has no tucks or ripples. Press with steam.

9. With the accent strip sandwiched between the border and the pillowcase body, place the border/accent strip under the right side of one of the 42" sides of the body fabric. Line up the narrow selvage ends where you will begin sewing and the long cut edges. If you can change the position of the sewing machine needle by moving it to the left to take a slightly larger seam allowance than you did in step 2, you can avoid having any of the previous line of stitching show. Sew a straight seam (no need to backstitch as the selvage ends may not match and will be trimmed later). To prevent fraying, finish this seam edge. Zigzag or serge the seam allowances together.



10. Put the pillowcase on the ironing board wrong side up. Press the seam allowance flat. Open the pillowcase so your can see the right side of the fabric. Push against the seam edge so the seam allowance is pressed toward the body of the pillowcase and the narrow accent strip is pressed flat on top of the border.



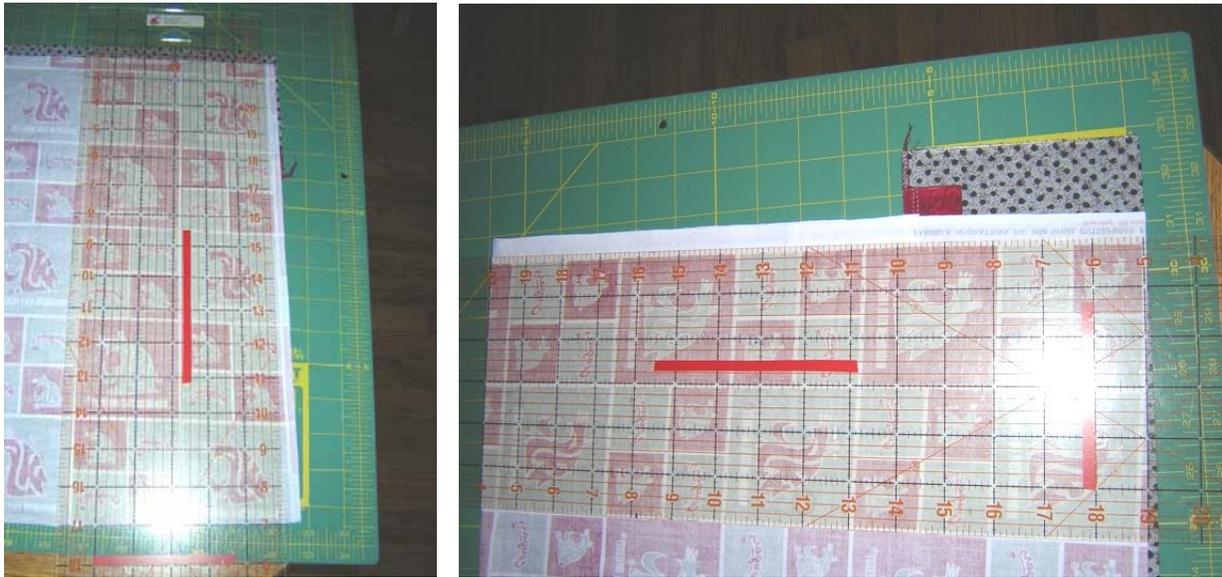
Right Side



Wrong Side

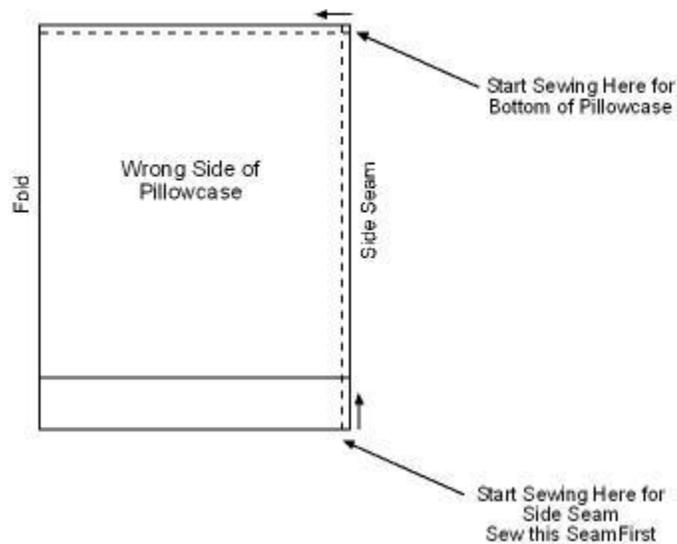
11. Carefully square up the uneven edges by trimming off all selvages and excess fabric that may result from differences in fabric width. Cut off just enough to make the edges straight. You can make this easy to do if you fold the pillowcase body on the cross-grain so that the selvage edges come together on the side you began your seam.

Make your cut(s) to trim the selvages and uneven ends perpendicular (at a right angle) to the fold.



Line up one of the lines on the ruler with the fold of the fabric on the cross grain.  
Trim with a rotary cutter or draw a line and trim selvage with sewing shears.

12. Now that the lengthwise grain of your pillowcase body is straight, fold the pillowcase body in half with the right sides of the fabric together, matching the edge of border and the seam between pillow case body and border/accent. Pin at the border edge and the seam where the accent trim is sewn. Sew the side seam first, starting at the folded edge of the border so the edges will match nicely. Then sew the seam for the bottom of the pillowcase. Start from the side seam and sew towards the fold. **Backstitch at the beginning and end of both seams.**



13. Zigzag or serge seam allowances to prevent fraying during use and laundering.

14. Turn right side out and use a point turner to push out the corners of your pillowcase. Slide the point turner along the seam and push out gently on the corners.
15. Press your pillowcase. You are finished!
16. Try making another pillowcase in a different size or do the **[Benjamin Smiles Pillowcase](#)**\*\* project for community service.

**Notes:**

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

\* If you want to make a bigger pillowcase, buy a larger amount of fabric for the body of the pillowcase:

1 yard for a queen size pillow  
1 1/8 yard for a king size pillow

There are small rectangular travel pillows at the fabric store. Can you figure out what the measurements for your fabric should be if you make a pillowcase for one of these pillows?

\*\* ***Benjamin Smiles Pillowcase*** project for community service:

[https://www.nancysnotions.com/NNVia/CustomPages/Ben\\_smiles.htm](https://www.nancysnotions.com/NNVia/CustomPages/Ben_smiles.htm)

## Postcard

Art in the Mail from *Fun with Fabric*

## Postcard

Art in the Mail from *Fun with Fabric*

# Backs for standard postcard: 4 by 6 inches

<p>Postcard</p> <hr/> <p>A rt in the M ail from <i>Fun with Fabric</i></p>	<p>Postcard</p> <hr/> <p>A rt in the M ail from <i>Fun with Fabric</i></p>
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Postcard

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A rt in the M ail from *Fun with Fabric*



## Art in the Mail: Quilted Postcards

1-2 Hours

### What will you learn?

#### How to:

Pre-wash fabrics before using them  
Fuse fabrics and cardstock with fusible web  
Use the stitch and flip method of strip quilting

### What will you need?

A sewing machine and basic sewing tools  
Scraps of cotton quilting weight fabric (pre-washed without fabric softener)  
Plain muslin for the postcard backing  
Scraps of a very firm interfacing like Pellon® Peltex or Timtex™\* (a piece 6" by 8 ½" for large postcards)  
A paper-backed fusible web that can be sewn through like HeatnBond® Lite by Therm O Web\*\* (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)  
Card stock, 8 ½" by 11"  
A permanent bond paper backed fusible web like HeatnBond® Ultra by Therm O Web\*\* (**Caution** - this permanent bond product cannot be sewn through.)

A collection of different colored all-purpose threads or decorative rayon or polyester threads (optional)

A small piece of muslin (plain off-white cotton fabric) to use as a pressing cloth, an 8 inch square will be large enough

Postcard back pattern to print on cardstock (See **Table of Contents** for back options)

Envelopes to protect your postcard in the mail (manila envelopes come 6 inches by 9 inches that will be perfect for large postcards, 5 ½ inches by 8 inches)

### Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabric will cause wrinkles to form that will be difficult to remove. It is best not to pre-wash or dry your fabrics with fabric softener because some of the glues used to make fusible webbing will not adhere to fabrics washed with fabric softeners. You will be using fusible web in this project.
2. Carefully press your fabric flat. Use steam if necessary.
3. Plan how you will arrange your fabrics. You may want to start by positioning a piece of picture fabric on the firm interfacing. You can have the picture fabric sitting straight on the interfacing or you can set it at an angle. Arrange strips of fabric around the picture block. Don't cut any strips narrower than 1 ¼" because the seam allowance will take up space and you want to see the fabric.



4. Once you decide on an arrangement, take a small piece of paper backed fusible web and fuse it to the back of your picture fabric. A small piece will work because you just want to hold your fabric in place. Follow the instructions written by the manufacturer. Peel off the paper and position your picture on the interfacing.
5. Place the muslin press cloth over the front of your postcard. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let your fabric cool.
6. You will use the stitch and flip method of strip piecing to sew strips of fabric around your picture fabric to frame it and fill up the white spaces of the interfacing.
7. Start by placing your first strip face down on your picture fabric. Line up the cut edges of both fabrics. Make sure the strip is a little longer than the picture block on both ends. Using the edge of the presser foot as a guide, sew your strip to the

postcard, following the cut edges. Flip the strip to reveal the right side and press it flat. Position the next strip to repeat sewing, flipping, and pressing.



8. You can frame your picture block by sewing strips to opposite sides of your picture block:



Or you can make “L’s” and “7’s” as you sew strips around the center square:



9. When you have filled in all of the white spaces of the interfacing, press the front of your postcard carefully. If you have decorative stitches or interesting utility stitches on your sewing machine and you are able to sew really straight, you can use decorative thread to sew over the seams at this point (optional). Decorative and utility stitches are difficult to take out so don't make any mistakes.



10. Cut a piece of muslin and a piece of fusible web (light bond, you need to be able to sew through it without getting glue on your sewing machine needle) 6” by 8 ½” . Fuse

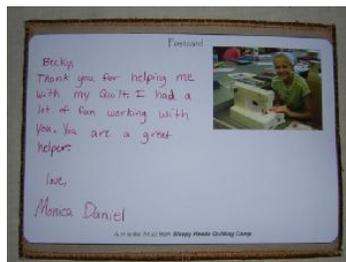
the fusible web to the muslin and then fuse the muslin to the back of your postcard following the manufacturer's instructions.

11. Next trim your postcard to 5 ½" by 8" with a rotary cutter, mat, and ruler.

12. Now you are going to zigzag the edges of your postcard. You can use all-purpose thread or fancy decorative thread in a color that goes with your fabrics. Wind a matching bobbin. Practice stitching to see what width and length of zigzag you like. Use scraps of the interfacing when you practice. The postcard should be positioned under the presser foot so the needle goes through the postcard and then swings over the edge without going through it as it picks up the bobbin thread. You will need to do a little bit of straight backstitching when the needle is in the postcard so the zigzag stitching does not come out when you cut your threads. You can go around the postcard with a 2.5 wide and a 2.0 long zigzag to start with and then make your stitch width wider and the length shorter. A zigzag of 4.0 width and .5 to 1.0 length will cover the edges nicely. You can go around the postcard several times to get nice coverage with the zigzag stitching if desired. Remember to do a straight backstitch like you did in the beginning when you finish zigzagging around your postcard.



13. You will need to use the computer with a printer to print the pattern template for the postcard-like back where you will write your thank you note. If desired, add a picture of yourself to the postcard template where the stamp would be positioned for mailing (see **Table of Contents** for links to template options). Print the pattern sheet for the postcard backs on card stock. Fuse a piece of permanent bond paper-backed fusible web to the back of the card stock. Be sure to cut it just a little smaller than 8 ½" by 11". Cut out the postcards, remove the paper backing, and fuse the card to the back of your postcard. When you fuse the card stock to the postcard, cover it with your muslin press cloth to protect the printing. The ink or toner in the printing may smear with the heat of the iron.



14. Write a nice message on the card. You may want to look at greeting cards for ideas for what you want to say.

15. Your postcard is done! Try some more. Be creative. These are little pieces of art. If you have access to an ink-jet printer, you might like to try printing pictures on [fabric](#)\*\*\* for the front side of your postcard. Someone special might like to have a picture postcard of you! ☺



### Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric. Don't use fabric softeners because some glues in fusible products cannot bond to fabrics treated with fabric softener.

\* If you would rather work with a product that is fusible on both sides, **fast2fuse**™ is an alternative product: <http://www.timtexstore.com/fastinfo.html>

You will need an appliqué pressing sheet with a non-stick surface.

\*\* For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>

The **Lite** version can be sewn through. The **Ultrahold** permanent version cannot. It will gum up your needle. You need the **Ultrahold** to glue the card stock to the back of your postcard: <http://www.thermoweb.com/cpd-ultrahold.html>

\*\*\* The fabric store has special sheets of fabric that have been prepared for printing with ink-jet printers. You can also make iron on picture decals with especially prepared paper. Read the directions on the packages carefully. Use your computer to position pictures on the prepared sheets so you don't waste them. To eliminate waste, you may have to print the whole sheet.

There are lots of sites with fabric postcards on the internet (if you do your own search use "fabric postcards"). Have fun looking for ideas and more tips for making your postcards:

<http://www.joycehartley.com/postcards.htm>

<http://dollmakersjourney.com/fabricpostcards.html>

<http://www.art2mail.com/>

<http://www.virginiaspiegel.com/NewFiles/ACSFundraisersoldR.html>

<http://www.postmarkdart.com/>

<http://www.ctpub.com/productdetails.cfm?PC=989>

<http://www.watsonguptill.com/detail.html?session=68ab13931d3c03c17d8231fd725c6866&id=1-57120-332-X>

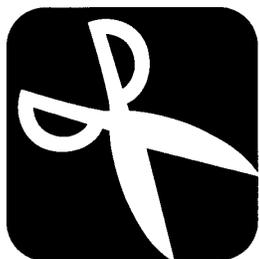
<http://www.quiltbug.com/postcards.htm>

<http://www.needlepointers.com/ShowArticles.aspx?NavID=1516>

Magazine: Fons & Porter's Love of Quilting, January/February 2006, **Be Mine** article:

<http://www.fonsandporter.com/fp/ourmagazine/backissues.asp>

Information on postcards and mailing restrictions: <http://postcalc.usps.gov/mailpiecedimensions.asp>



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# Quick Projects To Do

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## Quilted Triangle Bag



**Goal: What will be learned by this project?** This project will teach fabric coordination, sewing straight, inserting a zipper flat, as well as measuring, stitch & flip sewing, and following directions.

### **Materials Needed:**

3/8 yard pre-shrunk cotton Fabric for Lining (inside)

3/8 yard Batting

Several different coordinating fabrics (pre-shrunk cotton preferred) for the outside of bag: Cut fabrics into 2" wide strips. You will need enough to cover a 12" X 18" rectangle, remember you need to allow for seams (total of at least 3/8 yd.).

5" X 6" strip of Fabric for handle

14" zipper to coordinate with fabric

Thread to match your lining fabric

### **Directions to make this project:**

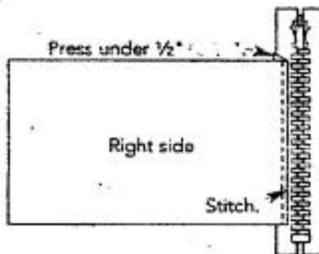
1. Cut both the lining fabric and the batting into a rectangle about 13" X 19". This will be trimmed to finished size of 12" X 18" after strip quilting.
2. Baste the batting to the wrong side of lining around the outside edges.
3. Decide layout of fabric strips. (There are numerous ways that the strips can be laid on the batting and backing.) These directions will discuss the layout where the 2" strips are laid on the diagonal from corner to corner.
4. To sew the strips on diagonally from corner to corner, start with the batting facing up (lining down). Lay the first strip across one corner of the batting, right side up.
5. Lay the second strip next to the first making sure that the strip covers out to the edge. Flip it over the top of the first, right sides together, lining up the cut edges. Pin in place. Sew through all layers along the inner edge using a 1/4" seam.
6. Fold the strip over to the right side and press.
7. Place the next strip on top of the last, right sides together, stitch with 1/4" seam, flip, and press. Continue with additional strips until the rectangle is covered.
8. Trim the rectangle to 12" X 18".
9. Fold a 4" X 6" piece of fabric for the handle in half right sides together (becomes 2" X 6" piece). Sew 1/4" seam along the 6" edge. Turn right side out and press. Fold handle in half matching the cut edges.
10. Find the middle of one of the long edges. To do this, fold the quilted rectangle in half along the long edge (becomes 12" X 9"). Mark the fold on one end. Place

the handle at this marked center. Align the cut edges of the handle and the rectangle together. The handle fold will be toward the center of the rectangle. Baste in place.

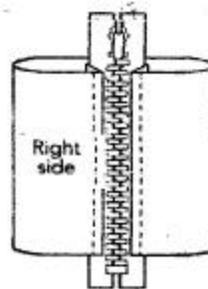
11. Finish the edges of the 12" (short) side of the rectangle with a zigzag or overcast stitch.

To insert the zipper:

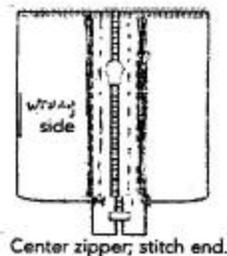
12. Fold and press under  $\frac{1}{2}$ " on both of the 12" sides of the rectangle.
13. With the zipper facing up, place one of the folded edges along one side of the zipper's teeth. Topstitch the fold to the zipper.



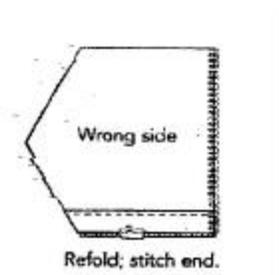
14. Place the other folded edge (opposite of one just stitched) to the other side of the zipper teeth and topstitch.



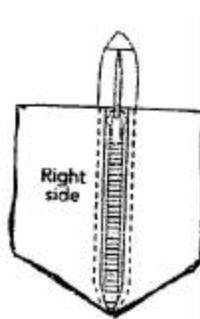
15. Turn bag inside out. Check that the zipper pull is inside the bag. Position the center of the zipper to the top center back of the bag, where the handle is basted. Stitch  $\frac{3}{8}$ " seam along this top edge. Check to be sure the zipper center is matched to the handle center. Finish the seam with a zigzag or an overcast.



16. Open the zipper about 4", then refold the bag so that the center of the zipper is placed along one edge. Stitch the remaining open edge with a 3/8" seam. Cut off the extra zipper tape. Finish the seam with a zigzag or overcast stitch.



17. Turn the bag inside out. Enjoy.





## Quick Zip Bag

1-2 Hours

### What will you learn?

#### How to:

- Pre-wash fabrics before using them
- Zig-zag or serger finish seam allowances to prevent raveling (loose threads)
- Put in an exposed zipper
- Use interfacing to reinforce a high stress area (optional, notebook pencil case version)
- How to insert grommets (optional, notebook pencil case version)



### What will you need?

- A sewing machine and basic sewing tools
- ¼ yard of medium weight denim, poplin, cotton or cotton-polyester blend decorator fabric will make 2 pencil bags (or a scrap of fabric 16 ½" by 10" will make one bag to hold pencils, pens, and other school supplies)
- 14 inch or larger polyester dress zipper to go with your fabric (contrasting zippers look nice with plain fabrics, you might like to make your bag in your school colors)
- Thread to go with your fabric
- Fusible interfacing (optional, for notebook pencil case version)
- Three grommets (optional, for notebook pencil case version; buy a package of grommets with the tool\* to install them if you don't already have one)

**Seam Allowances:** ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

**Directions to make this project:** (Remember to backstitch at the beginning and end of your seams!)

1. Pre-wash all your fabric in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Carefully press your fabric flat. Use steam if necessary.

- If your zipper has been folded, the zipper tape may need pressing. Polyester zipper teeth may melt under the heat of the iron. Carefully press just the zipper tape with the edge of your iron. If the zipper tape is really wrinkled, you can soak the zipper in warm water and smooth out it on a flat surface to air dry. You can speed up the drying process with a hair dryer but watch the heat.
- Cut a rectangle of fabric, 16 ½" by 10". Zig-zag or serge the edges of the fabric to prevent raveling (loose threads). If you use a zig-zag stitch, the multi-stitch zig-zag is a good choice for quilting weight cotton fabrics (Settings: 1.5 long and 3.5 wide). The multi-stitch zig-zag will keep the edge of the fabric from curling.



- With the right side of your fabric up, open your zipper and place one edge of the zipper tape face down along one of the 10-inch sides. If you center the zipper, you can avoid running into the zipper pull and metal stop with the presser foot of your machine.



- If your machine has a multi-position needle, move the needle to the left position. Make sure you have on the multi-purpose presser foot if you move the needle from the center position. With the zipper on the top, position the presser foot so the left edge is riding along the zipper teeth and sew.



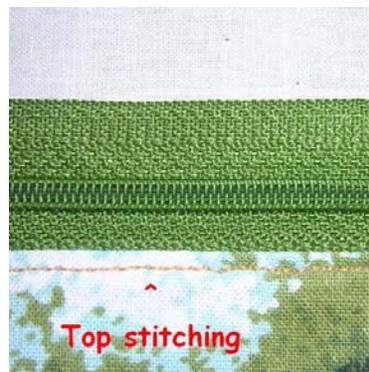
If your machine does not have a left needle position use a zipper foot so you can sew along the zipper teeth. The stitching line needs to be a scant ¼" from the zipper teeth.

- Zig-zag the edge of your zipper tape to the fabric. This will help to keep the fabric and the edge of the zipper from becoming stuck in the zipper teeth.

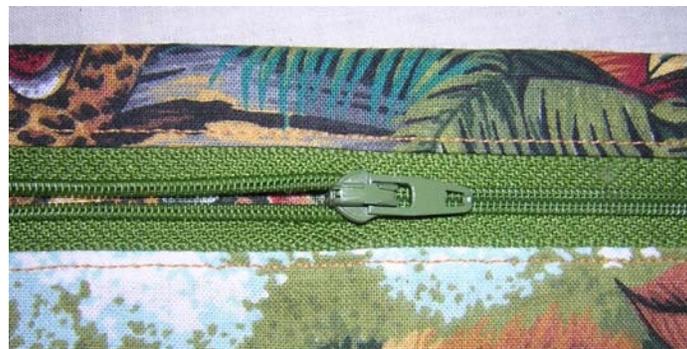


Zig-zag stitching should not cross over the straight stitching you did previously.  
(Settings: 3.0 long and 2.5 wide)

8. Fold the fabric back so you can see the top side of the fabric and the top of the zipper. Top stitch from the right side so that you stitch through the fabric and the zipper tape.



9. Repeat steps 5-8 for the other side of the zipper. Close your zipper to help position it on other side of the fabric, pin it in place, and then open it so it will be easier to sew close to the zipper teeth.



10. Close the zipper so you can position the zipper teeth about 1 inch from one side of your bag. With the bag fabric wrong side out, pin the open sides of your bag together. Be sure to **open** your zipper **halfway** before you sew the sides of your bag. When you go over the zipper teeth, sew slowly. Sew again to reinforce the seam.



11. Trim the zipper even with the fabric with kitchen shears or an old pair of fabric shears. Cutting through the zipper teeth will dull a good pair of fabric shears.



12. If you will be adding grommets to your pencil bag so you can put it in your notebook, fuse strips of interfacing as shown in the pictures. Cut the interfacing 1 1/2" wide and just long enough to fit between the side seams of your bag.



13. Turn your bag right side out and push the corners out with a point turner. Press and add grommets if desired.

14. Make more bags in different sizes. A zipper is easier to put in if you select one longer than your fabric and then trim it to fit after you have sewn it in. If you have small pieces of fabric, you can use two to make this bag. Using two pieces of fabric makes the zipper easier to put in, especially if the zipper is close to the size of your fabric. Cut one piece about 2 1/2 inches shorter than the other. Example: For the pencil bag, cut

the top piece 7 ¼” by 10” and the other 9 ¾” by 10”. You will put one side of the zipper on each of the fabrics and then seam them together.

Try different fabrics for your bags. Scraps of nylon and even fiberglass screening from a hardware store will make great pencil bags. Plastic coated fabrics are a challenge to work with so avoid them unless you have a **Teflon®** coated presser foot. You can use quilting weight cotton fabrics for your bags but if you intend to use your bag as a pencil case you may want to reinforce the entire piece of fabric with interfacing. Stitch a **Quick Zip Bag** in a tote bag or the **Drawstring Backpack** for a secure pocket for money and an ID card.

### Notes:

New zippers in discontinued colors may be found at second-hand shops like **St. Vincent's, Goodwill, or Salvation Army Stores**. A friend of the author found a bag of 30 unused zippers for 99 cents. Remember it is easier to use a zipper longer than the edge of your fabric.

\* Fabric punches for inserting eyelets and grommets with tools can be found at **Jo-Ann** fabric stores. Stores like **REI, Seattle Fabrics, and The Rain Shed** also have kits with tools and grommets. **REI** had a kit for about 10 dollars that included the grommets, a fabric punch, and the tool to attach the two parts of the grommet.

<http://www.rei.com>

<http://images.rei.com/media/602141Prd.jpg>